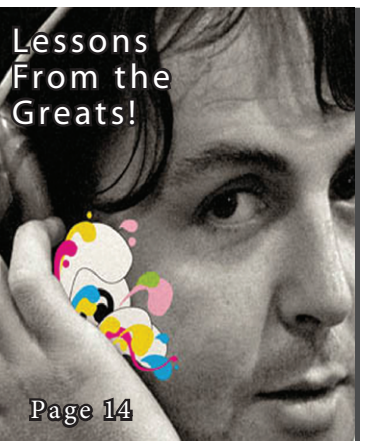


# The Quill

• Volume 98/ Issue 05 Oct. 29, 2007 •

• Brandon University's Student Newspaper •

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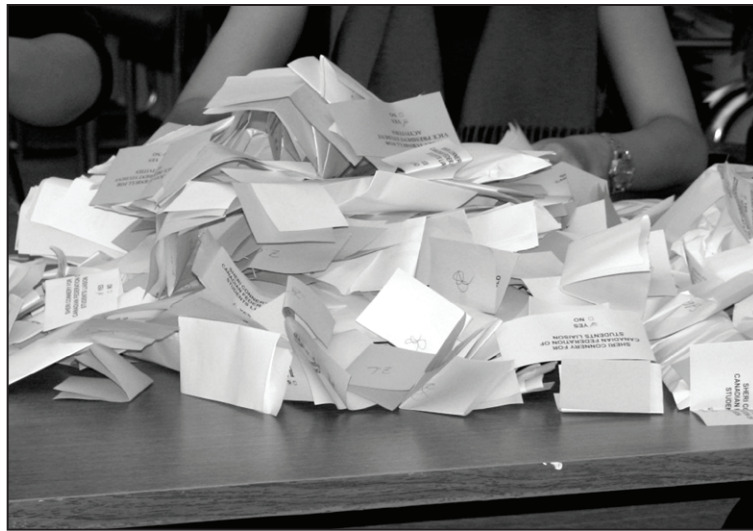


# By-Election Results In!

Naomi Leadbeater  
Staff

Position	Candidate	Yes	# of
VP of Student Act.	Jocey Turnball	84%	9/10
Education Com.	Don Beaney	45%	3/4
PT Mature Com.	Lauren Kranendonk	83%	9/10
Intl Student Com.	Rebecca Agba	46%	5/5
Residence Com.	Ashley Boychuk	73%	4/4
CES Liason	Sheri Connery	82%	9/10
Grad Studies Com.	Lisa Rene Maxwell	86%	4/4
Women's Com.	Jackie Simpson	89%	9/10
Aboriginal Senator	Lorna Ironstand	97%	9/10
Music Senator	Riley McIntyre	55%	2/2
Education Senator	Jen Welch	64%	5/6
Quill Board SAL	Mohammad Twaha	61%	9/10
Quill Board SAL	Kristy Holman	58%	9/10
Quill Board SAL	Megan Mossop	57%	9/10

Faculty	% of Voters
Arts	11%
Music	100%
BGS	3%
FNAC	4%
Health Studies	3%
Education	11%
Science	12%
<b>Total</b>	<b>14%</b>



BU Students tally By-election ballots

Naomi Leadbeater

The By-Election for BUSU has come to an end with the votes being counted by students from the university on October 25th after the polls closed at 8PM.

While voter turn out was low as is the case with many past By-elections, the School of Music had the highest voter turn out once again. This By-election, the faculty with the least turn out was the faculty of Health Studies. While BUSU did not have enough staff to keep poles open at every location all day, the effort was made to ensure that students were given ample opportunity to vote with advanced polls being held before voting days as well as Stacy Senkbiel's continued effort to ensure voter awareness on campus.

Off campus voter turn-out had its ups and downs. This By-election was the first time Sapatewiak could vote and had high voter turn out as a result.

Senkbiel made the comment "If you can get them to vote in the first year of their university career

they are much more likely to vote in the future."

Thompson and Winnipeg psych nursing students chose not to vote in the by-election. Thompson voters cited the reason that no candidates contacted them so they did not feel that their votes would be appreciated. Winnipeg students wanted to vote but had very little time between getting the information on candidates and letters of intention that they did not feel they could be informed voters. The time between voting and receiving letters of intention was approximately 3 days.

This election was the first time that the results were available up to the minute with Bu/Now. This up to the minute information will hopefully encourage students to vote in the future. BUINOW is visible in every public building on campus and students also have access to BUINOW information from the website.

## The Quill

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# Is it in You to Give?

Canadian Blood Services Needing Donors

Mitch Rosset  
A.C.C. Correspondant

*Blood. It's in you to give.*

It's a familiar slogan. We see it plastered on billboards, hear it on the radio and advertised on television. But do people actually donate?

"Nope, never have," said Michelle Bernard, an agri-business student at Assiniboine Community College. "I think it's because I really never knew anything about it. Plus I'm scared of needles."

According to Canadian Blood Services, more than 850,000 units of blood are donated per year across the country. But Canadian Blood Services isn't completely satisfied. The reason? Not enough people are donating, since they're either afraid or have questions about the process that haven't been answered. And that's not good. Especially when the Canadian Blood Services' blood stock is only at an average level.

"We came through a very, very rough period in the summertime in which we saw a lower number (of donations) than usual," said CBS's Michael Hyduk.

Canadian Blood Services is

now in recovery mode. With a higher than usual number of deferral rates during the summer months due to people vacationing in malaria-risk areas, plus an unusual number of no-shows, the donation service is scrambling to get its reserves back to adequate levels. In fact, the organization estimated it would need 100,000 units of blood – a unit is a pint or half-litre – by October 31<sup>st</sup> to re-stock to normal levels.

"We're getting toward that, but we're not quite there yet," said Hyduk.

Even though the thought of being strapped into a chair and getting a needle poked into your arm may sound frightening, there is nothing to worry about. Canadian Blood Services ensures there is no risk of infection while donating. Every needle is used once and then immediately disposed of. Hyduk said every safety precaution is taken during the donation process.

"We're protecting the blood supply, but we're also protecting the donors," he said.

To be eligible, donors must meet the Canadian Blood Services' requirements. You must be in good health and feeling well, while also at a healthy weight – the



organization recommends at least 110 pounds. First-time donors must be between the ages of 17 and 61, while regular donors can be between 17 and 71.

So now, it's up to you. The

Assiniboine Community College Students' Association will be holding its sixth annual blood donor clinic in the gymnasium on November 6<sup>th</sup>.


"We (the Students' Association)

find that ACC is the perfect place to hold such a clinic," said Stephanie Hayward, Student Life Coordinator at ACCSA. "The Canadian Blood Services is trying to get more young people involved, and we have access to 1,200 of them, so it's perfect."

Hyduk agrees.

"We're an aging population," he said. "The more young people we get to donate, be it in their late teens or early twenties, the better."

To donate at ACCSA's blood donor clinic, call 1-888-2-DONATE or stop by the SA office. Hours of the clinic are from 11:30am to 3:30pm.



## The Quill

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# Spray-on Condom Being Developed

Margaret Sheridan  
Interroband (Fanshawe)

LONDON (CUP) -- A German company is in the testing phase of a new spray-on condom.

The Institute for Condom Guidance, located in Baden-Württemberg in southern Germany, has been working on the condom since 2006.

"We had first a very big interest in Germany," said Jan Vinzenz Krause, the condom's inventor and project coordinator. "And the public reaction from men to the spray-on condom was quite positive. We got around 9,000 guys from all over the world who registered as a tester."

The condom itself works in much the same way as a regular condom. By creating a thin latex barrier between two bodies, it lowers the risk or pregnancy and the transfer of infections.

But its application differs from what we're used to.

"The condom is very easy to put on and fits like a second skin," Krause said. "The man puts his erect penis into a tube-like device, then you have to push a button and within a few seconds the penis will be sprayed with latex and the condom is ready for use."

Removal is just as simple as a conventional condom. It rolls off the penis and it can then be tossed into the garbage. Aside from the spray-on application, users won't find a tip, or reservoir, on the condom.

Krause said that it doesn't pose a problem when the man ejaculates. The reservoir tips are actually a fairly recent addition in the lengthy history of the condom.



German spray-on condom inventor and project coordinator, Jan Vinzenz Krause, tests his product in a erectile dummy. Although the product is not yet available on the market, it is designed to fit men who have a hard time finding condoms that fit.

"The tip is a very new invention for a condom, developed in the last 20 or 25 years," Krause said.

"Using the spray-on condom it's not necessary that we have this reservoir or tip. The sperm goes into the bottom of the condom and the sperm will [stay] in the bottom of the condom. So it is not a problem."

The condoms are aimed at about 20 per cent of the male population.

The Institute's market research found that about 10 per cent of men had a smaller penis size, while another 10 per cent tipped the scales on the other side.

Those 20 per cent told the Institute that they had a harder time finding conventional condoms that fit comfortably, and were excited to hear that a spray-on version was being tested.

One of the perks to using the spray-on condom according to Krause is the smell.

"Can you remember when you used the condom for the first time?" asked Krause. "When you [hold it], it smelled like latex, and it was awful. But with this spray on condom you don't have to touch the condom, only when you throw it away, but when you put it on you don't have that problem. Your fingers, it's really great, they don't smell."

Krause said that the spray-on variety could actually prove to be safer, too. Usually it's dark when the condom gets put on, he said, and sometimes it becomes difficult to see which side of the condom is the inside versus the outside.

Putting the condom on inside out means that it has to be thrown out and a fresh one opened, which isn't exactly conducive to keeping the mood.

"At the moment we are using prototypes," Krause explained. "So the prototype I have here at my lab, you can imagine [it's] like [a half litre] bottle of water. If you measure the thickness of the tube it's about 10 cm. The prototype is quite a bit bigger then we plan to develop the real product."

The condoms are expected to retail for quite a bit more than normal condoms do, but compare favourably to specialty condoms.

"You buy the tube [for] around 15-25 Euros [\$20-35 CAD] and you can use the tube many times, so it's one investment," continued Krause.

"Then you buy the latex, and one box is seven-10 Euros (\$10-14 CAD) and you can make around 10-20 condoms with the latex material depending on how thick the condom is. So the condom price will be around one Euro for one condom, and compared to other condoms it is a little bit more expensive than the regular condoms."

The last, and hardest, hurdle the company has to leap is approval from the European Union, which has strict condom regulations, before sales start in Europe.

Sales in North America are at least another year away.

Coloured latex has proven popular during testing. Popular colours so far include red, blue and yellow.

"With the spray on condom it's like going to a tailor if you want to make a perfect suit, shoes or something," Krause concluded. "The tube is like your tailor, you get a tailor-made condom that fits perfectly."

## NEWS in BRIEF

The Prime Minister's Office has no plans to build a government-controlled briefing room. A news report on 8 October said a plan, with an estimated cost of \$2 million, has been in the works since at least last year. The Privy Council Office and the PMO have been working on the "special project for the PM, otherwise referred (sic) as the Shoe Store Project," said the documents obtained by the Toronto Star under the Access to Information Act. Sandra Buckler, Prime Minister Stephen Harper's director of communications, told The Canadian Press "there are no plans to pursue" such a centre. /ctv.ca

Timor Leste will play Hong Kong in their first leg, first round match of the 2010 World Cup qualifiers in Indonesia this Sunday at the Stadium Dipta in Gianyar. This follows a request from the Federação Futebol Timor-Leste (Timor Leste FA) to have the Oct 21 match outside of the capital city of Dili. "They (Timor Leste FA) wrote to us on the suitability of having this World Cup qualifying match in Indonesia. They felt that the facilities of their stadium in Dili were not good enough to meet the requirements of an internationally-sanctioned match under FIFA," said the general secretary of the Indonesia FA Nugraha Besoes. "We have written to both FIFA and the Foreign Ministry on the issue and they welcomed our willingness to be host. Apart from point of view of just the game alone, the match will certainly help in bilateral ties between our two countries." /goal.com

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# Former Men's Basketball Head Coach Suspended

Jenna Burch  
Sports Editor

Atlantic University Sport has announced additional sanctions to be issued to Acadia University and to the Axemen's Basketball Head Coach Les Berry. Berry, former Bobcats Head Coach, spent two seasons in Brandon. The 2003-04 season with the women's basketball program highlighted by an upset victory over the #1 ranked University of Victoria; and the 2004-05 season where Berry took the helm of the men's program leading them to a 15-5 record. He then left the Wheat City to return closer to home and take over at Acadia for the 2005-06 season.

Canadian Interuniversity Sport (CIS) made the determination months ago that Coach Berry was in breach of CIS Regulations; namely the participation of an ineligible student-athlete in 14 competitions during the 2006-07 season. The CIS Discipline Committee sanctioned Acadia University (\$5000) and Les Berry (suspended for the first regular season game), however Atlantic University Sport Judicial Review Committee (AUSJRC) feel these sanctions were insufficient.

AUSJRC sanctioned Acadia University an additional \$1000 and suspended Berry for all exhibition and league games until January 1, 2008. All wins recorded in the 14 games in question will be forfeited and recorded as victories for the opponents. Berry and the Acadia Athletics Department will be on probation for the next two years. On top of it all adding salt to the wound, Berry's AUS 2006-07 Coach of the Year award has been revoked. Acadia and Coach Berry appealed these sanctions, but were denied. The AUSJRC concluded that "this is a situation of a very severe breach of the most fundamental rules in university sport, eligibility, and that Mr. Berry's actions called for a significant sanction".

The athlete in question is Garth Reid, a 4th year transfer student from the University of Dubuque (NCAA division III), having last partici-



Les Berry (middle) will leave the coaching duties to Steve Baur (left) until January 1, 2008.

pated for the U of D on January 13, 2006; and subsequently participating for Acadia in 14 competitions from October 12th to November 25, 2006. Reid was allegedly in breach of CIS Rules and Regulations 40.10.5.3.3.1 (Subject to 40.10.4.3): a student-athlete, who transfers to a CIS member institution from a non-Canadian post-secondary degree granting institution (such as the NCAA and NAIA), cannot participate for a period of one year in the sport in which such athlete participated at the previous post secondary institution in order to be eligible for CIS participation.

Berry is allowed to retain his office

during the length of the suspension, as well as coach practices as he would normally. However he is not to come in contact with any team member one hour before game time, and is observe the game from the stands. Taking over the coaching duties for the length of the suspension is former Bobcats Assistant Coach Steve Baur. With Baur, who applied for the vacant coaching position at BU this summer, at the helm the Axemen haven't skipped a beat; posting an undefeated preseason record (5-0) and earning the #6 spot on the top 10 preseason national rankings (cishoops.ca).

## Give Us Something Good to Eat

*Students take part in Annual Food Drive*

Amanda Navid  
A.C.C Correspondant

Along with a variety of monsters, mummies and other mythical creatures roaming the streets this Halloween, there will be trick-or-treaters of a different kind. Canvassers from Brandon University and Assiniboine Community College will be going door-to-door to fill their campuses' food banks.

This is an annual event that pits BU against ACC in a fun competition that benefits the needy at both institutions. All Brandon residences west of 18<sup>th</sup> Street are the domain of BU canvassers, while the east side of the city belongs to ACC.

The race will commence at 6 p.m. October 31<sup>st</sup>. Groups of three to four people will hit the streets in search of a variety of non-perishable food items. Assiniboine Community College has set out a list of top ten 'in demand' items for the drive:

1. Canned meat and fish
2. Canned fruits and vegetables
3. Spaghetti Sauce
4. Personal hygiene items, such as soap, shampoo, etc.
5. Baby food, formula, and diapers
6. Peanut butter
7. Cereal and granola bars
8. Juice
9. Canned pasta
10. Boxed meals (Kraft Dinner, etc.)

Cash donations are also accepted to be put toward certificates for necessities that can't be stored in the institutions' food banks.

Student union/association presidents from BU and ACC will compete to see who manages to gather the most donations. The ACC student president has been victorious for the last two years of the competition. The president who is defeated must wear something to his or her school of the victor's choice. Usually it involves an article of clothing from the opposition's institution.

BU has consistently won the student volunteers' challenge to see which group of folks can obtain the majority of donations, because as ACCSA Student Life Coordinator Stephanie Hayward said, "We just don't have the manpower."

The event concludes at 9 p.m. with a social evening at Suds on the BU campus. Hot chocolate and live entertainment from a Halloween-themed open mic night, along with stew and biscuits, will reward the volunteers for a job well done.

"The food drive raises more than 4,000 pounds of non-perishable food items for both campus food banks annually," said Kyle Loughheed, Student Activities Coordinator for the Brandon University Students Union.

There is still time to become a volunteer. Positions for drivers and canvassers are still open. Contact the ACCSA at 725-8700 ext. 7504, or Kyle Loughheed from BUSU at 727-7487.

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## Bomb Threats and Society

Really? Bomb threats at BU? I recognize that this is a serious security matter but I'm questioning the mentality of the person(s) writing these threats. This is to them:

Seriously. What is wrong with you people?

Are you bored? Because I can think of a half dozen things to do ON CAMPUS let alone in Brandon.

Are you stupid? Did you eat lead paint? Did you get a load of Strontium-90 from your mother's breast milk? Were you dropped on your head?

What possessed you to think this was a good idea or funny?

Because it's not. Thousands of people die EVERY DAY because someone doesn't just joke about bombs. You think bombs are hilarious? Join the military and serve. You'll get all the bombs you can handle. And you'll get the chance to have your buddy die in front of you. You'll get the chance to watch a truck barrel through a check stop, run into a market and explode. The little kid you see every day with his dad? Yeah. He'll be dead.

Yeah. Bombs are sweet. Ooo. Look. People are concerned and the police were called. That's just great. We pay people to walk into a building and look for a bomb and expect them to deal with it if there is one. I don't know about you but the police don't get paid enough for me to even consider that.

You may be laughing it up now,

Chuckles. You and your little friend, out behind the dumpster. Think about others, you selfish child. No real man would pull shit like this.

On Mother's day, what were you going to do? Pull out a card with a picture of you writing this on the wall?

The day you ask someone to marry you? You going to include in the ring setting a paint chip off the wall you wrote on?

The day your first child is born? You're...what? Going to hold the baby. Look at this little life you've helped create and bring into the world. The life you are now entrusted with for the next two decades. And you're going to... what? Say "Hi little guy. You'd be so proud of Daddy. He wrote an anonymous bomb threat on a bathroom wall in university."?

If you need help, there is help available. If this is a cry for help, try something else. Student services can help.

If you're just this selfish, I'm going to hope that you are infertile. If you can't respect the concept of life enough to not joke about this, I don't want you breeding.

I apologize to most of the males on campus for assuming the perpetrator is male. It's a 50/50 shot and I'm going to take my chances that I'm right. Prove me wrong, if you want. I'd be more than happy to re-write this for a female.

--Josephine

## Fire Hall Site

Let's talk about fire fighters. I like fire fighters. They train hard and stay ready and run into burning buildings to save people. I don't think it's too much to ask that there be a new fire hall. There is a desperate need for a larger, slightly more up-to-standards, hall. Maybe one with good ventilation and doors wide enough to get the trucks through.

Let's talk Brandon sites.

I liked the first street site. Large area of land. Access to a quad lane bridge. Nice view of some trees. It was great. Except for the chemicals. But that wasn't really an issue. We could maybe put in a basement and tell them not to lick the walls. That'd be great.

Unfortunately, the fire fighters are averse to cancer. Oh well, back to the drawing board.

There was some talk for the last few weeks of putting the fire hall at 18<sup>th</sup> and Princess. This would work too. Nice access to all quarters of the city. The Quill offices don't really mind sirens.

We would get used to it. But wait. Another problem. The 18<sup>th</sup> St. overpass isn't twinned. Nor is the bridge. If only there had been some warning that the Corral Centre was going in. If only there had been some way of knowing that traffic would increase. If only someone had had the foresight to charge the retailers based on the amount of land they were taking up and used that money to upgrade the roadways BEFORE the traffic arrived.

But we can't do that.

The businesses wouldn't go in! Oh my! The businesses would be scared away!

You know what, if that was the deal breaker for the businesses, I don't want that kind of business retailing to me. When Superstore came to town, they had to pay for the new lights that needed to be put in.

Right. Back to the fire fighters.

The day after the announcement that the fire hall wouldn't be at 18<sup>th</sup> and Princess, there was an article

in the B.Sun (our venerable printers) that another site was being offered up. 8<sup>th</sup> and Pacific. The site is available for 1/3 of the price of 18<sup>th</sup> and Princess and doesn't need demolishon. But there are problems with the site. I don't know what they are but I'd love to hear from the fire fighters what they think.

City council and the public have opinions which also matter but I'm going to go out on a limb here and say that it's just as important to have the site somewhere the fire fighters like, as well.

After an impromptu poll here at The Quill, we've decided to just agree to whatever the fire fighters want, in terms of location.

Anyone who is willing to work their butt off to get into a special school and to train really hard so that they can get a job which involves running INTO burning buildings can have pretty much whatever makes them happy.

--Josephine

## 3 Lines Free

Some people are hacks, some are just oversized leprechans.

I think he thinks we might have sex. I think we might not. Again with the presumptions.

Yes hello sir, melba toast in bed isn't as fun here, its almost creepy . . . almost.

Oh, I'm so a fan of sammy-iches.. too bad I'll be far too busy.. I have to proof a poster and then work my heart out at the studio.. save some samich for me tho!

For those of you keeping track, it's been exactly a month since he huffed and puffed and ran away!

Just some things I'd thought I'd mention to you . . . food for thought. . . Just thought you should know if you want to do things legally. . .

He has no kins, at least he won't admit to any, I don't know what to do . . .

What's with all the texts? Do you have a bigger package, haha, I said package .

Can you come see me if i walk home now? or when should i go home if you think you can come see me becuase i would like very much to get laid.

The subject contained in this email needs to be viewed right away. You need to copy edit. 915am Friday. Be there or risk never getting laid again.

i don't know if i was as well spoken as i wanted to be but it was okay. She told me about the requirements and if i would be willing to go forward knowing the salary range I could expect and that due to my experience I would probably be at the upper end of the scale

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LOOKING UP SOMEONE'S PROFILE BEFORE  
INTRODUCING YOURSELF SO YOU KNOW WHICH  
OF YOUR FAVORITE BANDS TO MENTION

FAVORITE BANDS? HMM...  
MAYBE REGINA SPEKTOR  
OR THE POLYPHONIC SPREE.

WHOA, THOSE ARE TWO  
OF MY FAVORITES, TOO!

CLEARLY, WE SHOULD  
HAVE SEX.

OKAY! MY FAVORITE  
POSITION IS THE  
RETROGRADE WHEELBARROW.

OHMYGOD, MINE TOO!





# Sex Ed In The City



## Question:

Why isn't sex as much fun as everyone makes it out to be?

## Answer:

We are bombarded with sex and sexual images from every corner of our society. Everywhere we turn someone is trying to sell a product using sex. We see sex on bill boards, in magazines and newspapers, on television and in song lyrics and videos, not to mention the porn sites that pop up at you while you're surfing the internet. Sex is used to selling everything from breathe mints to running shoes. The commercials and movies portray sex as a kind of surreal act that rockets you into ecstasy. The reality is that sex is occasionally, but rarely so thrilling. Sometimes sex is embarrassing, frustrating, and disappointing. Other times it is fun, stimulating, relaxing and satisfying. Take a realistic look at sex. Also, make sure you are having sex with someone you want to

have sex with, make sure you are having sex because you want it, and be open enough to communicate your sexual needs to your partner.

## Sexual IQ question:

True or false: Between 70 – 80% of all rapes are date rapes. Check the next issue of Sex Ed in the City for the answer!

Check out our web site at [www.serc.mb.ca](http://www.serc.mb.ca)

*Are you gay, lesbian, bisexual, transgender, or questioning and under 25 years old? If so, call 727-0417 and join the Rainbow Youth Alliance!*

Information provided by the Sexuality Education Resource Centre. Do you have questions about sexuality? Send them to [kerril@serc.mb.ca](mailto:kerril@serc.mb.ca).

The information contained in this article is not intended as medical advice. Should you have any questions, please consult your health care provider.



## Naturally High

To Sleep...Perchance To Dream - Part Two



--Sylvia Ubell B.Ed

In last issue's article, I discussed what we can do during the day that can lead to a better sleep at night. Another consideration would be to reduce the amount of caffeine consumed in coffee, colas, chocolate and black teas, and switch over to beverages with no caffeine like most herbal teas and those with lower caffeine like green teas.

In addition, green teas contain an amino acid known as L-Theanine, that, when used during the day, has been shown to improve relaxation and mental clarity, thus improving performance and concentration without causing drowsiness. L-Theanine has been used in Japan as a safe alternative to drugs for childhood learning issues and a "good side effect" is that it helps these children sleep better at night.

One would have to drink many cups of green tea to get enough L-Theanine in a day but it is available as a chewable tablet called Stress-Relax Mental Calmness, useful for both children and adults for the relaxation benefit. Still taking the time to put one's feet up to sip a cup of most herbal teas, including the green tea, is, in itself, a relaxing break.

Some of my favorite relaxation teas besides green teas are Tension Tamer, SleepyTime Extra, and other herbal tea blends containing chamomile,

valerian root, lavender and hops blossoms. Experiment with different relaxation and sleep inducing blends to find out which ones work best for you. Another experimental consideration is how long before bedtime and how much of the teas you should drink because most herbal teas will have varying diuretic effects and you don't want to be waking up to run to the bathroom all night long!

The South American tea drink called Yerba Mate contains mateine which does have a caffeine-like stimulant effect on the adrenal glands to increase energy. Yerba Mate professes to be a better alternative to coffee because the mateine has a more drawn out effect lasting several hours. Therefore there is less of the "jittery" effect caused by caffeine's quicker effect on the adrenals. I stopped drinking coffee quite a few years ago and do enjoy Yerba Mate but still find, in my case, that I cannot drink it later in the day.

Others may find that a few drops of specific aromatherapy oils on a tissue tucked into their pillow is very relaxing. These same oils can be added to a bedtime massage oil like Hemp Lady Hemp Oil or Aura Cacia Pure Almond Oil or added to a relaxing mineral bath with a cup of Epsom salts and sea salts. Such baths mimic the relaxing mineral-rich waters found in

natural hot springs.

Commonly lavender oil's traditional use is for relaxation and sleep but I find that, once again, aromatherapy oils are very person specific so what relaxes one person can have a very different effect on someone else. Lavender oil is one that nauseates me and actually makes me feel angry - quite the opposite effect that it has on most people. However I find rosemary oil, which many massage therapists add to their base oils, very relaxing. Other oils that are found to be relaxing are chamomile, geranium, lemon balm, sandalwood, and jasmine.

Exercise sessions as early in the day as possible are extremely beneficial to getting a better sleep later in the day. Because exercise boosts your metabolic rate and keeps it higher for at least four hours following both aerobic and weight-bearing exercise, it is not advisable to have strenuous exercise within four hours of your normal bedtime. However gentler stretching and calming exercises like yoga would be perfectly acceptable in the evening.

Next Issue - Part Three - Bringing Out The Stronger Natural Sleep Aids

Sylvia Ubell is an alumni of U. of S., and owns and operates TWO FARM KIDS NATURAL FOODS with her husband, Greg.

# View from the Right

---Dave Barnesky

Every day you and I use products that we purchase at the store. We can go to the store and buy food, consumer goods, almost any kind of product we can imagine. I think that we in our society take this for granted, and even more; I think we take for granted the miracle which is the marketplace which allows for this to occur. We have the society that we have, the standard of living that we do, not because some bureaucratic office ordered it, but because for the most part, we have allowed individuals to cooperate with each other voluntarily for their own interests.

At a very fundamental level, our society works through the voluntary cooperation of individuals who are each pursuing their own self-interests. Greed, the do-good reformers and New Dealers often call it. Greed, or self-interest as a force is a very positive one and an inherent one. It is good for society, and it is good for individuals. People make economic decisions in our society because they believe that they will benefit from those decisions. A person buys food because she sees the benefits in eating, a person buys shelter because she sees the benefit in being sheltered from the elements, a person buys luxury goods because they find them pleasurable. One of the great myths about the free market is that individuals are compelled to buy. All economic transactions within a free market are voluntary, you choose to buy and they choose to sell, because both parties believe they will benefit from the transaction. Both party is "greedy" or self-interested. Through these transactions, prices are set, products are moved, and wealth is created.

This is all well and good for individuals, but how is society benefitted from such a system? Well think for a minute about our local grocer. How come we can buy food from his store? Certainly, it is not through the benevolence of the grocer that we easily access food in his store. It's not because some government

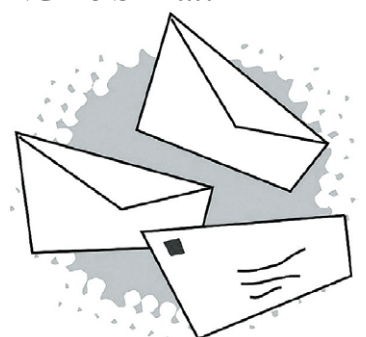
official told him to provide food for us. We eat not due to the benevolence of the grocer, or because some government ordered it, but due to his regard to his own interests. His own greed. He wants to make money, to create wealth for himself. We eat due to his regard to profit, and he profits due to our regard for food.

The most miraculous thing about the marketplace is it can coordinate millions of people, unknowingly. Take any product as an example, and you can see what I mean. The classic example is a pencil. No one person can make a modern pencil. The bit of rubber for the end might come from South America, the wood for the pencil might come from here in Canada, the tin that holds the eraser might come from Africa, the graphite for the lead might be mined somewhere else. All these materials are then transported by people, and processed in different locations, and brought together and assembled. Literally thousands of people might be involved in the creation of a simple pencil that you and I buy at the store. People on different continents, different creeds, different religions, different ethnic groups, different languages. People who might hate each other! How can all these people cooperate to make such a product as a pencil? Well, they cooperate, unknowingly, because they are motivated by self-interest. They want to get paid, they want to make profits. They want to be greedy. They use the mechanism of voluntary cooperation which exists in the marketplace.

Not many people think about the free market or capitalism as it's often called, and how such a system can bring people together, benefit the individuals and benefit societies. People who act solely in their own interest, out of greed, act as though they are lead by an invisible hand to benefit society as a whole. Keep that in mind, next time you hear the catcalls of capitalism's detractors.

## GOT SOMETHING To SAY...?

Letters to the Editor  
Email: [eic@thequill.ca](mailto:eic@thequill.ca)  
or  
drop off @ 2nd flr  
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campus





# My So Called 4.0

(a.k.a. My so called life or lack there of)

Naomi Leadbeater  
Staff

For any one who actually remembers the sitcom, you'll probably get how I feel right now. My so called 4.0 has become my used to be life. If you don't remember here's a link. <http://stage6.divx.com/videos/search:my+so+called+life>.

It's creeping closer and closer to exams and the closer we get the closer I am to having no life. I'm also in survival mode as I need to do very well on my exams since the rest of my life post-graduate or otherwise will depend on this year and next year.

School is hard (yeah I know, suck it up). Its true though, so for anyone else out there who is feeling a little overwhelmed, read this and laugh, because the story your about to hear will make you laugh. Find comfort in it, and if you need time management skills, think about trying to arrange my time schedule. . .

September was a month of elation, I could finally go to school full time again. Only two years to finish my degrees. Yeah, I said degrees. Apparently I'm insane and want to graduate with 2 degrees in May 2009. Bachelor of Business Administration, and Bachelor of Science in Psychology (Honors) Coincidentally, I'm even more nuts for putting myself through next year with 2 thesis type courses. I figure, its good prep for grad school. Oh yeah, GMRE's in October of next year too. You see, what I mean? This is only the beginning of my life spiraling out of control.

So, I'm okay with this. Now, all I have to do is find a way to maintain 3 part time jobs and we're good. That's right; I said three (3). One is sweet, only one night a week; on a day I don't have night classes that one is cool.

The second, get up Monday

to Friday at five am and go to work for a construction company. This one gives me enough money to pay bills except for rent which is paid for by the third job. The five am thing, it has turned into 5:15 and then 5:20, and I realize I can't push the window much more at this point. However, I'm often up until three am doing various assignments, so when I shower at night, it is almost like I showered before work, and then took a nap?

The last job is the Business manager at The Quill. This one, I'm getting used to, and just now getting everything on track. On the plus side, the Quill pays my rent. On the downside, The Quill is eating my soul. Quite literally. The Quill is also probably the job I enjoy the most, except for writing stuff for other editor's sections because they don't have enough to fill them. Which is how this all started, but its becoming cathartic so I can live with it.

October became holy f@#\$ing \$h!t month. October is also bitter month for various other reasons. The only thing keeping me sane right now is being able to talk to friends and having found one that is at least going through the same sort of thing as I am. He however only has a 100% course load compared to my 140% course load. That's right ONE HUNDRED AND FOURTY PERCENT. So, I'm going insane, and my so called 4.0 while still possible is really on thin ground. I'm not allowing myself to accept less though, because if I did then I'd be able to let everything slip, and not stay on track. I am however, seriously considering just going away for a year and traveling to where there are no boys, and no school, and maybe just pretty buildings, like Rome.

We won't even talk about the boys.

# Edge of Sanity

--Cara Edge

After knowingly lying to a friend the other day about how well I was dealing with my latest life changing decision, I actually sat down to think about the number of lies that we tell. Despite the emphasis that society seemingly places on the truth, we definitely are more likely to deal in lies than in truth, if it will spare ourselves from the jarring reality that is life.

There are the little white lies that we tell without even thinking about it. It just seems impolite to run into your grandmother's best friend on the street, and tell her that you feel like you've been dragged through hell when she asks you how you are doing. We all know the polite response is "I'm fine, thank you. How are you?" These little formulaic lies are so ingrained in us that even when we teach English as an Additional Language learners, we reinforce the importance of answering in this stock form.

We are painfully aware of these little white lies that we tell. If you've ever seen any comedy, whether it be movie or television show, chances are there has been at least one reference, at some point, particularly if it deals with male-female relationships (namely marriage) as most movies tend to do, to the inevitable "do these jeans make me look fat" line. It has become a big joke when some male is, apparently, unversed in the school of appeasing one's significant other. We all know what happens. He tells the truth, and he must pay for his transgression for the remainder of the plot sequence. The message that we're left with is that lying is better than the truth.

There are often lies we tell simply depending on our perspective. A friend of mine is anxiously awaiting something occurring in



roughly a month. Any time we discuss the passage of time until this fortuitous day, we talk about how it is "less than a month", making it seem like significantly less time. On the other hand, I'm dreading this same day. Any time we discuss the passage of time until this fateful day, we talk about it being "almost a whole month away", making it seem like significantly more time. We alter our meaning to accommodate the feelings of the recipient of the message.

However, society's lies often run a little deeper than the casual reference to spare one's feelings or for the sake of being polite. We often spit out lies in the hopes that it will be the truth. When consoling a friend over a recent break up, the standard line is "Don't worry! S/He just wasn't right for you! Someone will come along who is perfect for you, I just know". We can't be faulted for trying to add some sunshine to a dreary moment, but we have no way of actually knowing what person could be around the corner in our friend's life. We don't know if they will ever find

that "one right person". However, we say the line, and as much as we know we cannot substantiate it, we hope beyond all belief it is true.

Lying is simply a coping strategy we have developed to maintain a grain of sanity in the world where life is unknown. If we constantly dealt in truth, we would find the world to be a jarring, unpleasant atmosphere. You know that "friend" of yours? She only wants to spend time with you to get closer to that guy that you know. You know that shirt that you love? It actually makes you look like a whore. You know that job you're dreaming of? There's no chance in hell that you'll get it. Sure, those are all tactless responses of brutal honesty, but lying goes hand in hand with tact. Unless you're excessively, and naturally diplomatic, aren't all your tactful answers going to contain some lie? Even the most diplomatic honesty is a lie, if it differs in any way from its subtext.

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## Councillor's Corner

### MANAGING PERFORMANCE ANXIETY

--Bruce Sarbit

(Adapted from Robin Abraham, M.A. and Katherine Schneider, University of Wisconsin, Eau-Claire)

Performance anxiety is caused both by the ways we think and feel. This handout will give you new ways to try to optimize your level of anxiety.

One way to feel less anxious is to discover and change thinking patterns that put too much pressure on you. Look at the list of cognitive distortions below and pick one or two that you use often, then brainstorm realistic alternative thoughts that you could use instead.

**Definition of Cognitive Distortions** Cognitive distortions are logical, but they are not rational. They can create real difficulty with your thinking. See if you are doing any of the ten common distortions that people use. Rate yourself from one to ten with one being low and ten being high. Ask yourself if you can stop using the distortions and think in a different way.

- **ALL-OR-NOTHING THINKING:** You see things in black-and-white categories. If your performance falls short of perfect, you see your self as a total failure.

• **OVERGENERALIZATION:** You see a single negative event as an unending pattern of defeat.

• **MENTAL FILTER:** You pick out one negative detail and dwell on

it so that your vision of all reality becomes darkened, as when a drop of ink discolours an entire glass of water.

- **DISQUALIFYING THE POSITIVE:** You reject positive experiences by insisting they "don't count" for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences.

- **JUMPING TO CONCLUSIONS:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.

- **MIND READING:** You arbitrarily conclude that someone is reacting negatively to you, and you don't bother to check this out

- **THE FORTUNETELLER ERROR:** you can anticipate that things will turn out badly, and you feel convinced that your prediction is an already-established fact.

- **MAGNIFICATION (CATASTROPHIZING) OR MINIMIZATION:** You exaggerate the important things (such as your goof-up or someone else's achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or other fellow's imperfections). This is also called the binocular trick."

- **EMOTIONAL REASONING:** You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true."

- **SHOULD STATEMENTS:** You try to motivate yourself with should and shouldn't, as if you had to be whipped and punished before you could be expected to do anything. "Musts" and "oughts" are also offenders. The emotional consequences are guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.

- **LABELING AND MISLABELING:** This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label to yourself. "I'm a loser." When someone else's behaviour rubs you the wrong way, you attach a negative label to him "He's a Goddamn louse." Mislabeling involves describing an event with language that is highly coloured and emotionally loaded.

- **PERSONALIZATION:** You see your self as the cause of some negative external event, which in fact you were not primarily responsible for.

## ARDENT ADVISOR

### Prescriptions for Overcoming Performance Anxiety

--Bruce Sarbit

(Adapted from PERFORMANCE ANXIETY by M. Robin)

- \* De-stress, don't distress, yourself.
- \* Rehearse a skill, not a symptom.
- \* Don't confuse anxiety with effort.
- \* Don't self-medicate.
- \* Concretize, don't awfulize.
- \* De-sacredize, don't idolize.
- \* Tolerate, don't "must"urbate.
- \* Use "why not?" not "why me?"
- \* Act "as if"
- \* Participate, don't self-spectate.
- \* Be process, not product, oriented.
- \* Stay in the moment.
- \* Rate your behaviour not your soul.
- \* Accept yourself, warts and all.
- \* Compare downward as well as upward.
- \* Give yourself permission to be.

#### Four Steps for Managing Performance Anxiety

##### Step 1: Self-Assessment: Getting to Know Yourself Better, as a person & performer.

- Identify problematic thinking.
- What are your personal motives for performing?
- What are your capabilities and limitations as a performer?
- Ask yourself: "What am I really afraid of?" Worst-case scenario—you run off the stage and everyone laughs hysterically. That's unlikely, and might give you perspective into the realities of what it is you are really afraid of.
- Try not to confuse self-assessment with self-criticism!

##### Step 2: Gradual Exposure and Preparation

- Look for opportunities for exposure to mild to moderate levels of stress that challenge but do not overwhelm your coping skills, example: visualization of the performance.
- Other Examples: practice performances, dress rehearsals, taping yourself and playing back.
- Be thoroughly prepared. Nothing replaces adequate time spent in rehearsal and practice.

- Consider how the use of relaxation techniques can help to "harmonize" the body. Meditation, yoga, and/or muscle relaxation can help the body and mind feel uplifted and balanced so you feel excited and prepared, but not overwhelmed. Using these techniques can help you avoid self-medicating with drugs and alcohol.

##### Step 3: During the Performance

- Rather than blocking out the audience, or seeing them in their underwear, try seeing them as allies who are generally supportive and want you to do well.
- Remember, most performers have to contend with anxiety—it comes with the territory. You're in good company!
- Feelings of anxiety are natural, and can be used to your advantage.
- Maintain your normal routine when preparing a performance.
- Act calmly, even if you feel nervous. The more you dwell on anxiety, the more you are likely to remain preoccupied with it.
- Try to overlook minor errors when you perform. Overall impressions are more important to the audience than note-perfect performances.
- Consider performing as opportunity by becoming immersed in the experience. For e.g.:
- Get out of yourself and into the audience. Try switching off the left-brain's critical words and switching on the right brain's passive observation. This may help you escape self-criticism and stay in the moment.
- Enjoy what you've accomplished. Others are more likely to enjoy it this way, too.

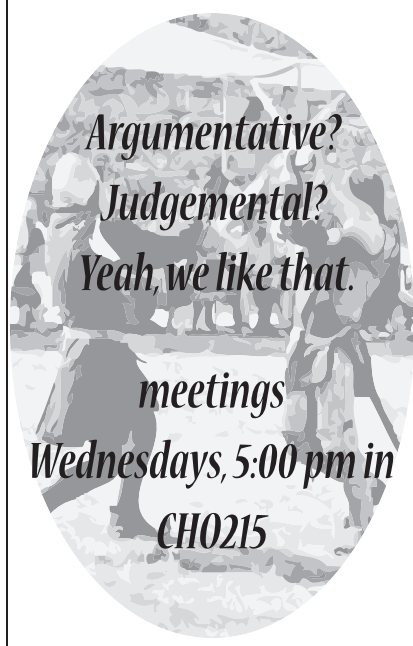
**Step 4: After the Performance**

- Temper external feedback with internal beliefs and expectations you have already established.

- Asking others afterwards, "how did I do" without asking yourself first might be depriving yourself of a significant source of valid information about your performance: YOU.

If you would like to talk with a counsellor about your performance anxiety, please call to make an appointment at Student Services, 727-9769.

## Brandon University Debating Society



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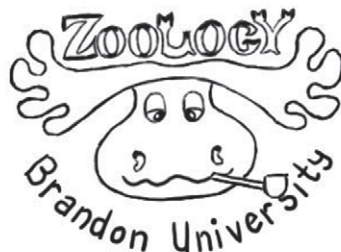
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# CreepyButTrueStories

(Collected from various sources around campus)

Once upon a time, I got divorced and later found out my husband was sleeping with my ex . . . boyfriend. I no longer wonder why he kept my wedding dress.

I moved into a house, and took all my belongings, including the piano I got when I was ten. After about a month of being in the new house, the piano start to make strange noises. One day I was sitting watching *The Outer Limits* and all of a sudden, my piano started playing the theme from Beethoven's *Les Adieu* then it played *Mary had a little lamb* but in a minor key?! (I have no cats and there weren't mice in the sound board either – I checked)

Lightning never strikes twice – unless your my Dad, standing in a yard with various larger objects, trees and overhead lines, all around. (He's fine, he drove home.) As a side note, he caught malaria from a mosquito in a Canadian airport in January, had jaundice from his appendix bursting, has broken all but three ribs in more than one spot (on various occasions), and has put an electric drill bit through his mouth. \*This is not an exclusive list and the author reserves the right to edit as needed.

I stepped on a duck. (Keep reading it gets good). I woke up on beside the grave – of a certain female Canadian author who formerly resided in N@@p#\$a. This freaked the f!@# out of me – just a little. I got up and started running, because clearly, what choice did I have. Turns out at the bottom of the hill (cliff like) there is a creek (kinda not so deep). On my trip down, through much long grass, I stepped on a nesting duck (in bare feet). Side bar: Ducks are greasy, and boney, and aaaak, and I can still feel it on my foot. Also, they have teeth, many many small pointy teeth. Ooo, and they hisss. Hisssssss. Back to the story. So at this point there is no where to go but water, (yeah I know, ducks can swim). This one, whom we will call Norman can swim fast. People walking in shallow water are slower than ducks swimming and diving at your feet. Eventually Norman went away, I think he got bored, or maybe went back to his nest? I ran up the bank on the other side, and ended up in a campground full of really really hung over old men. Then I left, because where that was going was clearly more creepy than this story.

Waking up one morning, finding a dead stiff cat in our backyard, (not ours) putting it a bag and giving it back to its rightful owner. To the next cat stalking our yard – find somewhere else to die please.



## Fright Fest is Here! Prepare for All Hallow's Eve

By David Kusnick

Having just completed mid-terms, many of us are now contemplating what to do with our time (because studying clearly hurts the mind). In order to prepare for the oncoming onslaught of seasonal scares, here is a list compiled to prepare one for the scariest season of them all, Halloween.

- *Donnie Darko*

Delve into the world of Donnie Darko, a troubled teenager who with the help of a large hallucinatory bunny named Frank tries to navigate in a world of temporal distortion. Not necessarily the scariest of films, Donnie Darko instead tweaks your cognitive abilities into discovering a true sense of meaning within the context of existential teenager angst. Scenes to pay attention to include the introduction of the somewhat ominous Frank the bunny character and the phantasmagorical notion of time distortion (also notable is a Halloween scene where we see Donnie in a skeleton 'costume').

- *28 Days Later*

From director Danny Boyle comes one of the most innovative zombie flicks in recent film history. Zombies that were once soulless lurching corpses now leap forward with a penchant for human flesh. The transformation here to walking corpse comes in the form of virus known affectionately as the, 'Rage.' Not to be completely overtaken by the soulless zombiotic nature, *28 Days Later* also signifies a humanistic nature (in some cases more animalistic). The most powerful aspect of the film emerges through the use of its commanding soundtrack. Ambient tracks help build the mood and terror of an active zombie population set on spreading its agenda of rage.

- *The Evil Dead Movies*

What Halloween is complete without the classic Sam Raimi and Bruce Campbell campy collaboration? This series of movies has developed a cult following and rumours still

circle of a new remake (one can assume without Campbell, one of the main reasons these films have managed to retain staying power over a quarter of a century). Bruce Campbell's seemingly relentless battles with ghouls includes many graphic and explicit scenes (in Sam Raimi style) which have

led the series to such popularity.

- *Silence of The Lambs*

Good actors can play extremely creepy roles, case in point here is Anthony Hopkins as the iconic Hannibal Lector. The sound of Hannibal Lector slithering his tongue still reverberates in the mind causing physical shuddering and allowing you to be generally freaked out at the thought of sinister murderous old men.

- *Poltergeist*

A small child gets sucked (soul included) into the television due to the family's dilemma with their new haunted house. Steven Spielberg's script takes on apparitions and disappearing children, especially scary for those with small children who, on occasion, go missing.

- *Alien*

Sigourney Weaver takes on a giant sadistic alien queen resembling a giant bug. Darkness is used to its fullest effect along with glistening alien teeth to make one squirm.

- *The Omen* (old and new renditions)

A creepy little kid as the devil's spawn, enough said.

- Random Videos set to scare

For a really good scare dive into the world of strange and bizarre by finding the video *Rubber Johnny* by inventive British director Chris Cunningham matched to the music of *Aphex Twin*. For that matter check, out any *Aphex Twin* video as the face of Richard D. James with scare the bejebus out of you for days.





### Employment

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# The Case Against Widespread Adulticiding with Malathion

## PART 3--The Disease and the Risk

Dr. Bill Paton Ph.D  
Faculty

West Nile virus (WNV) is a mosquito-borne flavivirus and human, horse and bird neuropathogen. The virus is indigenous to Africa, Asia, Europe, and Australia.

The British Journal , Lancet Infectious Diseases in a 2002 article reports:

"Most human West Nile virus infections are subclinical but clinical infections can range in severity from uncomplicated WN fever to fatal meningoencephalitis; the incidence of severe disease and death increase with age... Prevention depends on organized, sustained vector mosquito control, and public education."

The U.S. Centre for Disease Control advised doctors in 2002:

"Prevention (of WNV infection) rests on elimination of mosquito breeding sites; judicious use of pesticides; and avoidance of mosquito bites, including mosquito repellent use."

The Canadian Family Physician journal in June 2005 published a "West Nile virus

primer for family physicians". The main message was as follows:

"The mosquito-borne virus that first appeared on this continent in 1999 is now prevalent throughout North America. Most infections are asymptomatic. Fewer than 1% of those infected develop severe illness; 3 to 15% of those with severe illness die. While methods for controlling the mosquito population are available, we lack evidence that they reduce infection in the general human population. ... CONCLUSION the general population is at low risk of West Nile virus infection."

Human population studies in the U.S. have determined potential other risk factors for developing encephalitis from WNV infection. In a Texas study it was found that homeless patients were more likely to be hospitalized from WNV when compared with the general population. Other risk factors identified were age, people older than 50 years are at highest risk of severe disease, a history of high blood pressure, including those take hypertension-inducing drugs, and a history of cardiovascular disease.

Chronic renal disease, hepatitis C and immunosuppression were identified as risk factors for death from WNV infection. A 13 state study published in 2006 reported that the probability of a fatal outcome depends on the poverty rate for a county in which the infected person lives. The authors highlight the vital need for educational and control



measures in poverty-stricken areas.

That pesticides kill mosquitos (with varying levels of effectiveness depending on the product and species) when applied as larvicides to small, well-defined breeding sites is supported by findings from controlled studies. Reports of before-after studies also provide evidence that larviciding lowers

the numbers of mosquitos in a given neighbourhood or city. However, randomized controlled trials of the effectiveness of mosquito control using human arboviral disease, like WNV as an end point are not possible for practical reasons (e.g., the wide variety of local environmental conditions, the variety of mosquito species and the usually small number of human cases identified). This lack of evidence, especially as it concerns prevention of human disease, is supported by many researchers. Nevertheless, larviciding is a recommended response to WNV in most jurisdictions.

Currently there is no specific drug treatment or vaccine for humans. There is a vaccine available for horses.

All medical and government authorities say that the best way to protect against any disease carried by mosquitos is to avoid bites. Indeed, the government is running the ad "DON'T BE A TARGET". Applying an appropriate mosquito repellent is part of that advice. In studies of population repellent use in Connecticut (sample size 730) 44% used repellent. Using mosquito repellent was associated

interestingly with age under 50, English as primary language, being worried about WNV, being a little worried about pesticides, finding a dead bird on the property and finding mosquitos frequently in the home. In a 2003 study in Colorado, 2 adjacent cities had severe outbreaks of WNV. Unexpectedly, disease rates were higher in Loveland (38.6 vs. 15.9/100,000), which had a more extensive mosquito control program and fewer mosquitos. Telephone surveys indicated that Loveland citizens were more likely to avoid personal protective practices that citizens of Fort Collins. This data certainly suggests that personal protection does indeed directly influence disease outcomes.

Dr. Bill Paton. Ph.D.(Biology); M.Sc. (Biology); B.Sc. (Hons) (Applied Microbiology)

## Mental Illness: Abolish the Stigma

Anonymous

If you were asked how many people in Brandon are treated for mental illness, what would your guess be?

An estimated 1 in 3 people in Brandon are facing the challenge of mental illness daily. Does this come as a surprise? What depresses me, (no pun intended) is thinking about the number of people suffering undiagnosed because they are afraid to ask for help.

The stigma attached to compromised mental health is so potent that it drives people to endure in silence. This seems ludicrous, considering if somebody were to have chest pain they would probably hustle to the nearest hospital immediately. Mental illness can be equally devastating if it's not addressed.

In Manitoba males succeed, for lack of a better word, in committing suicide three times more often than females. However, females attempt twice as often as males.

Middle aged people are the most frequent consumers of psychiatric care, which

is unusual considering that people over 60 years have the highest numbers of diagnosed mental illness. Perhaps this is something we can look at and think, fantastic, maybe we ARE realizing that it's ok to get help.

Society needs to recognize mental illness as a significant problem, but not a problem that we should be embarrassed by. Much of the time, mental illness is due to chemical imbalances within the brain, and can be as unavoidable as the common cold. Ideally, if we could concern ourselves more with promoting mental wellness, and dealing with symptoms as soon as they come about we would be in much better shape. By lessening the stigma attached to mental health issues perhaps we would be less frightened to step forward if or when we're experiencing pressure.

So how can we make a difference in the future? A good start would be to feel comfortable talking about mental health AND mental illness. Talk about problems with someone you feel comfortable with.

A trusted family member, friend, or health care providers are all excellent supports. Remember, mental health is just as valid and important as physical health. We should start being more conscientious of taking care of our mental health before it becomes mental illness.

If you ever need to talk, there are people who will listen.

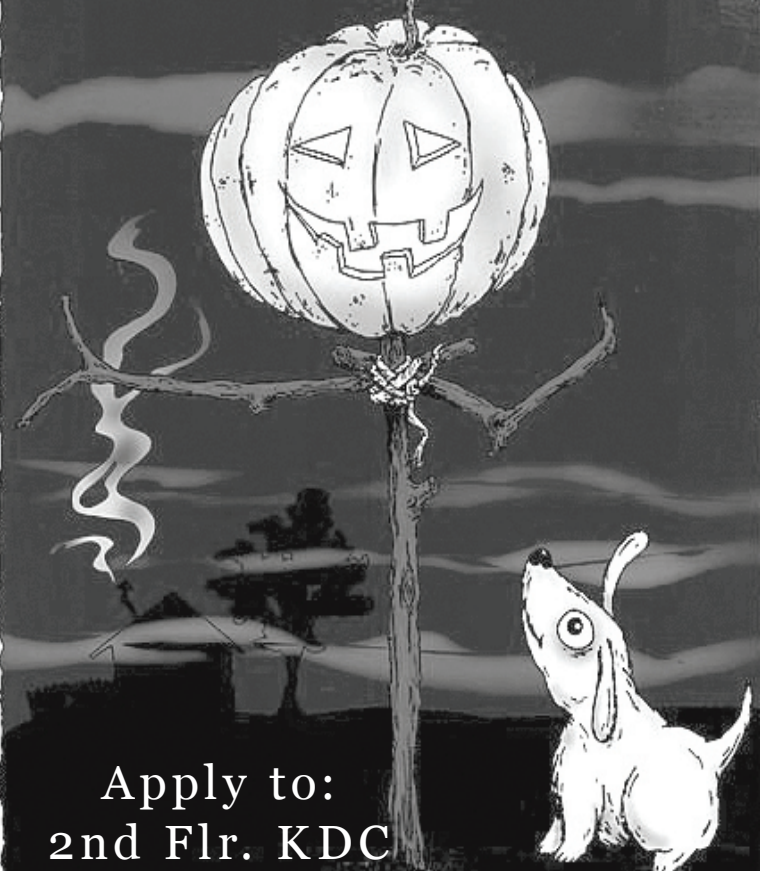
Klinik Crisis Line (provincial line) 1-888-322-3019  
Klinik Suicide Prevention Line (provincial line) 1-877-435-7170

Mobile Crisis Unit (204) 725-4411

Crisis Stabilization Unit 1-888-379-7699

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# BUSU NEWS & HIGHLIGHTS



**Nathan Peto**  
**BUSU President**

## Council in review:

The recent By-election on campus marks the mid point in my term as President of the Brandon University Students' Union and offers an opportune time to reflect on the past 6 months in office. I have been extremely proud to work with this years BUSU council. They have all worked very hard to ensure that the student of Brandon University are properly represented.

However, I would like to especially thank some of our commissioners that will not be returning for the second term due to personal and professional reasons. Courtney Lathlin, our Aboriginal Commissioner, worked diligently to ensure that the Aboriginal Student Council was restarted this year and ensured that her constituents were well represented on BUSU. I would like to thank Courtney for all of her hard work and wish her the best in the future. Lisa Wishart served as PT/Mature Students Commissioner for the first term of this year. Lisa worked very hard to get involved with the many committees and boards in BUSU. Krista Myers was our very first LGBTT commissioner and did a fantastic job in defining her important role on campus. I would like to thank both Krista and Lisa for doing a terrific job during their term in office and wish them all the best in their future endeavors.

## Looking Back...:

The past six months have been some of the most rewarding

and challenging times as a representative of the Students' Union. Coming into office on May 1st the new BUSU council set a priority document in order to guide their objectives for the upcoming academic year. These priorities were condensed into seven major areas.

### 1. Improve Communication and Outreach

In our first six months I believe that council made great strides in the area of communication with our members. Beginning with our mail out to all members notifying them of what BUSU does and also the upcoming Orientation week events. This was well received by students and coupled with our extended BUSU tabling during residence check in especially made critical first contact with first year students.

Also, our BU NOW system has been very effective on getting our message out to BU student about BUSU events and activities. The system has also served effectively as a method for campus clubs to get their information out on events and meetings. Furthermore, as you may already know, the system was effectively used to communicate a cross campus message regarding the recent bomb scare. Overall the system has proved to be very effective and we are currently looking methods of expanding the capabilities of the system in number of units and capabilities.

Recently we conducted our semi-annual AGM where we updated students on the state of their union. This AGM was a huge success with over 100 students in attendance which was a huge achievement

when one considers the trouble finding quorum for AGM's in the past five years. We received many comments about reviews to the GPA system and Handicap accessibility on campus. These concerns have been noted and the BUSU council has already started to address them.

### 2. SUDS Renovation

This summer the BUSU council also set the priority to Renovate our beloved Student owned pub SUDS. Priorities were set to make the space more current, Comfortable, and have more variety regarding food options. Renovations took place during July and August and were finished just in time to celebrate our 20th anniversary as a pub on campus. We had a great grand opening during the day in which the ribbon was cut to official open the pub. Later that evening the 20th birthday party of SUDS was noted by the fact that it was the busiest event on record in regards to both people in attendance and sales. Later, new menu options were introduced and have been very popular with both students, alumni, and faculty alike. Since that point SUDS has had marked improvements in sales and events that have been run in the venue.

### 3. Improving the BUSU elections Bylaw

During the previous general election many issues were discovered that caused the election process to become unclear and not accountable. To rectify this the current BUSU council reviewed the Bylaw and made several changes to the structure. Most notably an independent student

board to review issues regarding election challenges. If you have any questions about the changes in the Bylaw please feel free to come up to the BUSU office.

### 4. The GPA System

The new GPA system that was enacted last year was noted as a major student concern early in the academic year. To deal with this BUSU, through its student representatives, has already requested a review of the change in system and also has been working in both the Senate and Academic a Curriculum Standards Committee to submit recommendations on change to the GPA system. General consensus from student representatives has been to move to a system that is more similar to the U of W and U of M GPA system. This issues is still being investigated and we still welcome student input. Please feel free to contact Chris Fisher at [vpa@busu.ca](mailto:vpa@busu.ca) for more info.

### 5. Support of Cultural Organizations and Events

BUSU council set a priority on funding campus events that encourage a rich cultural experience on campus. Since that point we have funded and supported organization like the Aboriginal Student Council and the International Students Organization who have conducted numerous campus cultural events. We as a council will continue to support these events through the next term.

### 6. KDC Expansion

The KDC building is one of the few student owned and operated

Student Union buildings on a Canadian University Campus. We are very proud of that fact and five years ago started the process to create an expansion on our current building to increase student space on campus. We have pursued this concept and are fully prepared to build in regard to planning and finances. However, one roadblock remains in regards to space. The expansion would need to take the space of the current Physical Plant which has been intended to move from its current location. This planned move has not yet occurred due to the need for provincial funding to create a new Physical Plant. It is unfortunate, but progress on the KDC expansion will not occur until the Physical Plant is moved which may take up to a year from now. Once this has occurred the KDC expansion will proceed as quickly as possible.

### 7. Health Plan

A major concern that has been brought up over the past year is the need for a student Health Plan. The Council has set this as a priority to investigate and purpose an affordable and effective plan by the end of this academic year. In the future we will be notifying you of consultations and information sessions where you can have your input on a purposed plan.

It has been my pleasure to work with this year council and students for the first six months of my term and I look forward to the challenges in the upcoming months. Please feel free at anytime to contact me student issues. My email is [pres@busu.ca](mailto:pres@busu.ca) or phone at 727 9660 or 573 9662, or just stop by the office to chat.



## Live Entertainment and NEW NIGHTLY SPECIALS!

### Monday

\$3.00 Molson  
Draft & Bottles

### Tuesday

\$10 Pitchers  
Free Pool & Nintendo Wii!

### Daily Lunch Combo & Happy Hour

\$2.50 Draft & \$3.00 Big Rock specials with purchase of any regular SUDS lunch item and 4pm - 6pm Happy Hour daily!

### Wednesday

Coffee House -- live open mic &  
\$3.00 Moosehead Specials

### Thursday

Live Jazz from the BU  
School of Music & \$3.00  
Draft all night!

### Friday

\$3.00 domestic  
bottles and nacho  
plates!

18-plus / Student and Gov't ID Required

## UPCOMING EVENTS



Tues. Oct. 30, 9:00pm



TIN FOIL PHOENIX

Fri. Nov. 2, 9:00pm



# CRAIG CARDIFF TO PLAY SUDS

*Canadian Songwriter Brings Personality and Life to Intimate Atmosphere*

David Kusnick  
A&E Editor

Canadian songwriter Craig Cardiff will be performing at SUDS on October 30<sup>th</sup>. The Quill recently had a chance to ask Craig a couple questions about his music, the upcoming show and his philosophy on artistic talent and music.

**The Quill:** What musical influences inspired Craig Cardiff as both a singer and songwriter?

**Craig Cardiff:** Mother. Forced piano and music lessons until I understood the power of being able to make music. Dylan, Costello, Martin Sexton, Cindy Lauper... A bunch more.

**Q:** Afterlife, love and spirituality are concepts used in describing your work. Can you elaborate on these ideals in terms of your new release?

**C:** It came as a bit of a surprise to me - there were so many songs written and collected for the album, and the ones that seemed strongest all had these elements. We had new people come into our circle of family and friends this year, and a few important people leave as well, so I think that directed a lot of the writing.

I wanted to talk about dying/leaving in a practical/spiritual sense, and that led the way for When People Go. Revival day is a fairly literal recounting of taking my mother to a faith healer touring up from the southern US, and how heartbreaking the selling of hope to terminally people is. I think people are at their most honest when they are stretched and in crisis. Its interesting to write about those points where there is nothing to lose because everything is getting taken away, and to see what words come out of those characters mouths.

**Q:** You've noted your daughter in the past as an influence in your work. Are there other strong family influences and ties that emerge in your work and in particular with this new release?

**C:** People have this conception that your role as an artist is limited by your role as a parent. I've found the exact opposite - I have this beautiful, perfect being that I need to protect and help teach the world to, so naturally the picture becomes bigger.

**Q:** Your philosophy on sharing music and artistic talent seems to be in the minority. It is a concept which seems to put emphasis on the artistic talent and not the big

business end of music. Why do think more artists don't embrace this type of philosophy?

**C:** The reality is that people who understand and appreciate music, will support it. Those are the people I'm trying to reach - please share this music out, and at some point in the future, please support it. It's fear based decision making to not trust listeners. By keeping albums affordable and accessible, I have a far broader reach from word of mouth, genuine fans, certainly larger than if I were on a label spending tens of thousands of dollars on magazine ads and film placement. Good art wins out eventually. I'm prepared to wait.

**Q:** You've introduced an interesting new idea where audiencemembersareencouraged to bring their own storage to download live performances at a nominal fee. The emphasis here is on freeing the environmental impact of physical data storage, do you see this idea being embraced on a wider extent and other artists following the lead?

**C:** I hope so. I think that once people stop relying on the physicality of the album purchase, and associate value with the



Mike Habicher

Cardiff

actual musical tracks themselves and not the delivery mechanism, you'll see more people being proud to say they support the artist.

**Q:** For those of the audience who don't know Craig Cardiff what can they expect in terms of a set list and performance?

**C:** Strong songs, intimate hushed crowd. A dash of fistfight, smothering of wedding. I'll be sharing the set list between previous material and the new tracks from the album.

## Pink Hats in the Henhouse

*Glen P. Sutherland Presents Ruth Stewart*



**BU Visual and  
Aboriginal Arts  
Department presents**

**Pink Hats in the  
Henhouse**

**Thesis Exhibition by  
Ruth Stewart**

**At**

**The Glen P. Sutherland  
Gallery of Art**

**November 1 – 10, 2007**

**Opening Reception,  
Nov. 3<sup>rd</sup>, 3 – 8 PM**

In her thesis exhibition entitled Pink Hats in the Henhouse, Ruth Stewart employs a highly layered painterly abstraction in a group of ten works. The theme arose from decades of prairie life and acquaintance with farmwomen of another generation and their stories. As a group the works are an allegory for the role of beauty in the lives of farmwomen on the prairies in past decades.

The human scale of the work encourages an intimacy with the viewer who is invited to interpret its layers of wire, canvas, paint and fabric. As the air gently moves the outer layer one might glimpse the corner of a lace collar or a reflection in a polished silver spoon; or one might catch sight of calloused hands and mud caked boots before the gauze layer drifts and changes one's perception.

Pink Hats in the Henhouse by Ruth Stewart will hang from Thursday,

November 1st to Saturday, November 10th at the Glen P Sutherland Gallery

of Art on the campus of Brandon University. The opening reception is on

Saturday, November 3rd from 3 to 8 PM.

To contact the artist email: [stewartseed@msn.com](mailto:stewartseed@msn.com)

## McCartney Gives Lessons

*On-line Music Tutorials Deliver*

**Matt Berry  
Staff**

Every once in a while, a strange thing happens while you scour the web: you find something useful. Shocking, I know. One such site is [nowplayit.com](http://nowplayit.com), which is a great tool for all budding musicians out there.

Here's the deal: Now Play It teaches you how to play songs from select artists (which I'm guessing grows periodically) on a variety of instruments. Guitar, drums, and bass are all included, and I even spotted a piano tutorial....and a Stumpf fiddle. So, for all you amateur Stumpf fiddle players out there, do I have the site for you!

The coolest part of Now Play It, however, is that they've actually been able to recruit a few of the actual artists to record video tutorials. Those are designated as 'Full' Tutorials, with 'Lite' tutorials being basic 'follow the notes on the screen!' accompanied by a music video, and 'In House' tutorials, which feature one of the site's music experts in place of the original artist. All run somewhere between 3 to 6 minutes. Of course, getting professionals to teach neophytes isn't cheap, so you're going to have to pony up the equivalent of between \$4 (for Lite videos) and \$8 (for Full videos) to get the whole lesson. The site also lets you preview the videos for free, so I guess if you're really cheap you



<http://robertozucco.bitacoras.com>

can always just watch the preview sections and hope that what you'll see is the only thing you will ever need to play.

Now Play It looks to be getting even more interesting in the future, as Paul McCartney has recently signed up to provide lessons. So, all of you looking to play a musical instrument, this is definitely a valuable place to visit. If you, like me, have no musical talent

in any capacity, then just sit back and enjoy listening to Blur's drummer talk.

**Musical Tutorials Online  
[www.nowplayit.com](http://www.nowplayit.com)**







# REVIEWS

## Book

### Inside the Kingdom

By Carmen Bin Laden

Teresa Birmingham  
Staff

In 1974, Carmen Bin Laden, a half-Prussian, half-Swiss woman, married into the Bin Laden family. She was young and in love, an independent European woman hurled into a society she neither knew nor understood. Her story takes us inside the Bin Laden family and a power structure in which men regularly subjugate their wives. It also tells of the author's own personal battle to keep custody of her three daughters after her 1988 separation from her husband, the brother of the notorious Osama Bin Laden.. Inside the Kingdom dares to pull off the veil that conceals one of the most secretive countries in the world, revealing the intrigues and conflicts within its most infamous family.

This memoir is an eye-opening experience for Westerners. Carmen begins her story with her marriage and the oppressiveness she would be obligated to become accustomed to. She continues to reveal insightful stories and thoughts through the birth of her daughters, her attempts to flee the Saudi country and all that is stands for, and her terrifying divorce from her husband.

Carmen's book will startle and intrigue you, and at the very least you will be left with a deeper understanding of the fate of a Saudi woman.

## CD

### Behemoth The Apostasy (2007)



Brad Denbow  
Staff

Apostasy: The abandonment of religious beliefs, political party, one's principle or a cause (often for opposing beliefs). With songs like *Slaying The Prophets Ov Isa* and *At The Left Hand Ov God*, the title speaks for itself: Behemoth have come to reject our societies values and beliefs, and to teach us to think for ourselves rather than be taken in by this world's falsehoods. Bands like Behemoth show us that it is alright to have opposing views, believe in something other than the majority, or have an opinion of our own.

This album is not for the faint of heart. The crushing intensity of Behemoth is enough to make new-wave metal bands like Lamb of God sound like they should be on AM. Every note the whole way through pulses with Inferno's relentless double-kick drums beneath Nergal's blistering myriad of technical riffs, hooks and licks that sends other wannabe guitarists packing.

Hailing from Poland and donned in spiked greaves with white face paint, this three piece behemoth is taking the world by storm, and last year I was lucky enough to have the pleasure of seeing Behemoth live at Sounds of the Underground, literally inches from my face, and it was a show-stealer!

GO AND SEE ANY METAL BAND IF YOU GET THE CHANCE! It will be a serious regret not to do so.

## Movie

### Martian Zombies Join The Blood Party (2009)

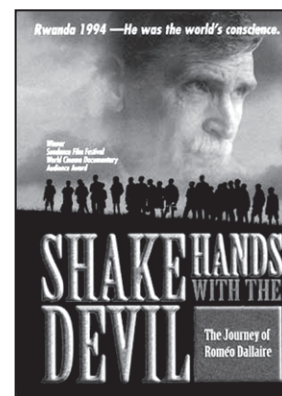


Dr. Frankenstein  
Staff

Zombie immigrants from mars attack viewers at the film premier of *The Blood Party* in the highly anticipated horror film, *Martian Zombies Join The Blood Party*.

Writer, director and producer Mel Gibson has stepped out of the lime light to create, what is being rumored as the horror movie to end all horror movies (watch for Gibson's cameo as a body double for Ice Cube's butt). The main character Kansas, played by Tori Spelling, is a distraught rebellious teenager desperately seeking a new start, after her mother (Jane Seymour) has recently found a new lover, Mike (Ice Cube) who has a dark and twisted secret with a very cosmic origin. After Kansas discovers Mike's true identity at the premier of *The Blood Party*, all hell breaks loose and we are introduced to the Martian zombie leader Krakzus (Chad Kroeger, in his highly anticipated film debut).

With a convoluted plot and the most fake blood ever used in a single production scene *Martian Zombies Join The Blood Party* deserves the title "horror movie to end all horror movies".



### Dir. Roger Spottiswood (2007)

Neal: Where the [flower] is my bottle opener? (*Mad digging heard in bedroom, Neal emerges.*)

Cara: Find it? Got your beer?

N: Yep.

C: Happy now?

N: Uhhhh... yep good enough.

C: Guess it's the best we can do after that kind of movie

N: Uh, I'm not sure how to structure this review...

C: We need to talk about what it's about. Roméo Dallaire [Roy Dupuis], who was a General in the Canadian Armed Forces, was on a peacekeeping mission that turned into a hopeless mission, and this movie is based upon his autobiography in which he recounts that experience.

N: It's a weird sort of exposition-biopic, and there's not much we can say about it, but as far as plot spoilers go, somehow it's impossible to ruin the story for people.

C: Because it's historic and everyone knows that Rwanda wasn't the most successful mission that has ever been executed. The big problem with reviewing this movie is that there's so much to say and basically no words to use to describe it.

N: Many of the images the viewer is exposed to are - for lack of a better word - obscene. But, if a film depicts obscene events by using obscene images, does it become obscene in itself?

C: In this case, I don't think it is because you need that obscenity to really understand how difficult it truly was.

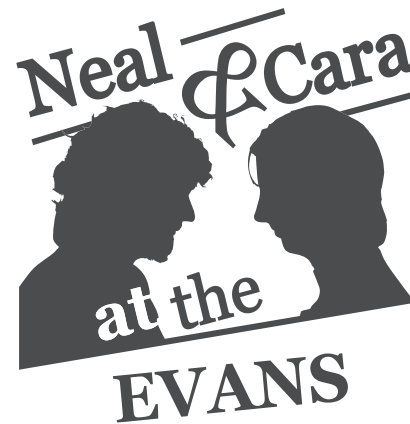
N: There's a lot of realistic violence, I wouldn't say it's graphic or dramatized - it's just omnipresent.

C: We don't see it... or was I just hiding behind my hands that much?

N: No, we don't see very much actual violence. In that way the film was tastefully directed. But, there's a lot of horror, and corpses - there are very few shots that don't have human corpses in them. It's like watching a zombie movie, at times.

C: Actually one thing I found, after seeing that much carnage, when a bomb went off I didn't jump, I didn't flinch. It was like it was nothing because it was just a vehicle. You become so desensitized.

N: You were kind of recoiling for the first third of the movie, but for the last two thirds it seemed like you became used to it, you weren't reacting anymore.



C: No, I just didn't stop reacting. It was a continuous reaction.

N: So it was one reaction the whole way through, your reaction parallels what was going on with Dallaire.

C: (long depressing silence).

This is starting to sound like a not-typical Cara & Neal Go to the Movies-type review

N: Well, it is pretty hard to joke about a million people killed in a hundred days.

C: It's really sad considering they only saved 32,000 people

N: (long depressing silence) yep.

Well, one thing I was thinking about is it started off as this really, post-colonial type edge to the narrative, but it's really tough to read this from a post-colonial standpoint, it feels like there's some reason that I need to avoid hitting it with theory, if you know what I mean. I feel a sort of resistance - would a theoretical approach be somehow disrespectful?

C: I pretty much feel guilty reviewing it, and trying to pick out something bad in it to focus on.

N: Exactly, that's what I'm kind of thinking here, to quote myself, the stopping point of all theory is the human body, and you can apply that to the film. There's a debate on law and regulation, how to give aid or intervene. While this problem is being theoretically analyzed in New York, Kigali is drowning in human carcasses - lots of them.

C: A million of them (long depressing silence). It is hard to watch this movie and not draw parallels with current foreign policy.

N: Do you think the allegory was intentional?

C: I don't think when Dallaire wrote the book it was, at all. I think it was for him, entirely personal. However, I can't claim that the filmmaker was intentionally making allegories. I do think it would be difficult for the viewer to not see a parallel.

N: Oh, so more of a reader-response analysis. [Readers: respond to the movies yourself! <http://www.filmfest.mb.ca/> for the Evans' schedule! Only six dollars!]

C: Yeah, we definitely internalize and draw upon our own experience while watching it. It's not a movie from which you can distance yourself. (Long depressing silence) So, uh, where's your bottle opener?

## TOP 10 LIST

### Top Ten Halloween Songs

The Quill Zombies  
Insert Evil Laugh Here



10. "Monster Mash" – Bobby "Boris" Pickett
9. "Ghost Busters Theme Song"
8. "Adams Family Theme Song"
7. "Boogie Man" - White Zombie
6. "X-files Theme Song"
5. "Thriller" – Michael Jackson
4. "Psycho Theme song"
3. "DJ Jazzy Jeff and the Fresh Prince- Nightmare on My Street"
2. "Theme song from Halloween"
1. "Feed My Frankenstein" – Alice Cooper



# Words Alive Presents Shelf Monkey

Cara Edge  
Staff

With all the key ingredients for an enticing tale— scandal, action and romance, Brandon Book Festival Association has chosen an intriguing novel for their inaugural city-wide book club held in conjunction with the Words Alive festival (Brandon, November 8-10). All of Brandon has an opportunity to participate simply by picking up a copy of Shelf Monkey, (a rather ironic selection) by Corey Redekop. While there will be a formal discussion with the author at the festival in the evening of November 10<sup>th</sup>, citizens of Brandon are welcome to simply read this book on the bus, in a coffee shop or at a library where they might stumble upon others doing the same and strike up a lively conversation about the world created outside of sanity in Redekop's first novel.

Thomas Friesen, teetering on the edge of mental stability with a higher concentration of pharmaceuticals in his blood stream than the average lab rat, leaves his job as a lawyer to be a sales associate of the book store READ (Rêd? Rêd? It's up to interpretation) . Upon building friendships with 3 of his co-workers, he begins to feel as if he's normal, quite possibly due to the fact that their insanity seems to eclipse his. Perverting the ideas of Bradbury's Fahrenheit 451, Thomas becomes indoctrinated in to a book club of sorts referred to as The Shelf Monkeys, whose goal is to save the world from the insipid and literarily devoid pop-



Author Corey Redekop

lit promoted by talk show hosts who know even less about literature than they do about their audience.

Clearly displaying the effects of mob mentality, and the seductive powers of the female form, Thomas is frequently tricked and convinced into playing roles in which he does not always feel comfortable. As the club dynamic spins out of control, Thomas is

torn between the stability he has found with these friends, and the chaos they bring to his life. When the archenemy, the devil himself in the form of Munroe Purvis, talk show host who makes Oprah Winfrey look like a B list celebrity, Thomas must once and for all decide whether he truly believes the cause of the Shelf Monkeys to follow their elaborate scheme

for MuPu's demise in the name of good literature.

Much like John Dos Passos, in his U.S.A. trilogy, Redekop relies on various types of media to portray his story. While the majority of the tale is told through e-mails the protagonist sends to Eric McCormack, a notable Canadian author, these correspondences, which never elicit a reply, are interspersed with diary pages, patient files, phone transcripts, and newspaper clippings. Just like the police, and to some extent, the protagonist, the reader is invited to try to put together the pieces of how, exactly, Thomas' world managed to spin out of control.

Rich in wit and psychobabble, Redekop weaves a story of abundant illusions to both pop culture and literary classics which causes us to question why we read the books we do. It is addictively interesting while being simultaneously comforting and offensive. The book forces us to face the nerd within and live vicariously through the vindication of The Shelf Monkeys. Even after we put the book down, the conflict it creates between our social consciousness and our nerdy desires makes us unsure whether we might have gone down screaming "Shelf Monkeys Unite" along with Thomas in his attempt to protect the sanctity of the literature that he loves.

*"Author, fighter, lover...Corey Redekop is none of these things."*

<http://shelf-monkey.blogspot.com/>

# Virtual Music Upheaval

Radiohead Revolutionizes



www.radiohead.com

Matt Berry  
Staff

With the confrontations between music industry representatives and music fans on the subject of downloads and alternate distribution still going on, there is quite a bit of shock and awe from everyone when they learn that one of the most influential groups of the past twenty years would come out and try something different when it came time to sell their newest album.

So is the way of British alternative-rockers Radiohead, who announced on October 1<sup>st</sup> that they would be offering the tracks off of their latest album, In Rainbows (via download on [inrainbows.com](http://inrainbows.com)). Originally, the album had been scheduled to be released in 2008, so fans scrambled to the website to pre-order this early edition, the first full album by Radiohead since 2003's Hail to the Thief.

But the most interesting aspect of the offer is not the fact that you can get it through their website, but that you order it from their website and determine your own price.

So, the cost of the 10-track mp3 collection could have cost you the \$100, or you could pay absolutely

nothing for it; it is all up to you. This is an incredibly risky move on the band's part, but as manager Bryce Edge explained to music website Underground.com.au:

"We might come out looking very foolish. We're prepared to take a risk. If your music is great, people will then pay for it. One of the big mistakes record companies have made is prosecuting students and kids for doing what we did years ago: taping music. It's nonsense."

Not that the group is offering everything completely free. On December 3<sup>rd</sup>, a 'discbox' set (which contains the physical album on CD and two 12" vinyls alongside artwork, lyric books, and an 'enhanced' CD containing bonus tracks, digital photos, and more artwork), will be available via their web-marketing area for the equivalent of \$82 US (the most popular item sold by the site). Radiohead will release their new album in stores January 2008 after they sign with a new record label; so they aren't going to give up the tried-and-true distribution methods completely. This unique idea still gives innovative music fans a hope in pushing the music industry to accept new methods of selling music to the masses.

# Wentworth&Mike

ByWinstonOxfordIII

**Wentworth:** "Hey Mike, like the costume, what is it?"

**Mike:** "I'm Henry the eighth, can't you tell?"

**W:** "You're an anorexic heroine addict, how can you of all people dress up as Henry the eighth? You look like a kid in his dad's overcoat!"

**M:** "I resent that, look here, I got the crown and everything, besides, what are you supposed to be, a cowboy?"

**W:** "Nope, I'm a rancher; and besides, didn't Henry the Eighth have a hat, not a crown?"

**M:** "Well you look like a cowboy!"

**W:** "Where is Charles, I thought you said you were meeting up with him at the party?"

**M:** "I did and I have no idea, don't know much about that guy"

**W:** "Maybe we should go see if we can find him, its better if we know more

people at the party, I don't see anybody else here I know"

**M:** "Yeah, good idea, but where do we start looking?"

**W:** "I dunno, let's check the streets"

**M:** "Look over here; is that a body on the ground over there?"

**W:** "Whoa"

**W:** "That's a body! Is it Charles?"

**M:** "Don't know, can't see his face"

**W:** "Well what was he planning on wearing to the party?"

**M:** "I don't know we don't co-ordinate our costumes like a couple 'a twins!"

**W:** "You should take the mask off to see if it is Charles"

**M:** "Why me? I've only known the guy for two days!"

**W:** "Well, I'll get a stick and see" "there, is that Charles?"

**M:** "Sure is, boy he must be sleeping hard"

**W:** "He's not sleeping! He's dead"

**M:** "Nah, he's just sleeping"

**W:** "No, he's dead stupid, look at the blood"

**M:** "That's not blood, he was just sweating in that ape costume, and in the moonlight it looks red"

**W:** "Fine, check his pulse then"

**M:** "Okay he's dead"

**W:** "Well we can't just leave him here, you know this guy... maybe we should get somebody"

**M:** "Why don't we just move him to somewhere where he'd be found?"

**W:** "How are we going to move him?"

**M:** "I know, a wheelbarrow"

**W:** "Where the fuck are we going to find a wheelbarrow in the middle of Detroit?"

**M:** "I don't know, maybe we could build a splint"

**W:** "With what?"

**M:** "A jacket and some pipes"

**W:** "Pipes? There are no

hardware stores open at ten o'clock at night in the morning of the middle of Detroit. And if we do find a way to move him what are we going to do with the body?"

**M:** "We could take him to the party, nobody would know he's dead, it Halloween!"

**W:** "What the fuck? Have you been watching a lot of Weekend at Bernie's? That'll never work. And what happens afterwards, he'll lead us to the hidden gold?"

**M:** "Hey, I just come up with the ideas; you're the one that executes"

**W:** "I say we leave him and tip off the police"

**M:** "But he's our friend"

**W:** "You just said you've only known him for two days!"

**M:** "But he's my friend"

**W:** "Okay, you deal with it; I'm going back to the party to find some action"

**M:** "You can't just leave me

here!"

**W:** "If you stay by that body I can"

**M:** "But he's dead!"

**W:** "Right, and I'm horny... deal with it"

**M:** "I really can't deal with you being horny right now... this man is dead"

**W:** "Well what do you want me to do..."





## Q & A with Women's Basketball Forward Chelsey Hiebert

**Jenna Burch**  
Sports Editor

She's a rarity across any university institution across Canada; a student who can perform in the classroom, on the hardwood, and in the concert hall. Women's Basketball Rookie Chelsey Hiebert is the first of her kind at BU, a 'music-student-athlete' (before now I don't think that title even existed). Hiebert is turning a lot of heads in her first year at BU, earning first chair (Concert Master) oboist and considerable minutes on the court as a first year.

JB - Let's start things off by getting introduced to you. Tell us a bit about your background, where you're from and such.

CH - I'm Chelsey Hiebert from Winnipeg Manitoba. I went to Vincent Massey Collegiate in Winnipeg for high school and now I am obviously attending Brandon University.

JB - So, which came first for you; the oboe or the basketball?

CH - The oboe actually came first. I started playing oboe in grade 6 band, and I didn't start playing basketball until grade 7.

JB - I hear that there is a strong musical influence in your family (some family ties to the Winnipeg Symphony Orchestra), was your family background a major influence in studying music after

high school?

CH - My background was definitely a big part in my decision, but the funny part is that the musicians in the family were the ones who made me think twice about going into music. Even after that, there were more reasons for me to go into music than not, so that is how the decision was made.

JB - You had the opportunity to play for Coach Jaime Hickson before attending BU. How much of a determining factor was she in your choice of post-secondary education?

CH - Coach Hickson was the determining factor in my choice of post-secondary education. Since the first time she coached me I knew that I wanted to play for her again.

JB - Being a Music Student is a substantial handful; at the same time being a Student-Athlete is enough to fill a schedule alone. How do you juggle it all?

CH - Juggling everything is definitely the hardest thing that I have to do. I do a lot of running around campus (literally) trying to get where I need to be. At first I found it impossible to get everything done that I needed to in a day, but now I've got a whole bunch of people helping me stay on track. Right now I'm living off of a schedule that tells me what I'm doing every minute of everyday from when I wake

up until I go to sleep. As for my average week; what I do everyday varies, but I have basketball practice 2 hours everyday, I need to have an individual basketball practice twice a week, and go to the YMCA to work out at least twice a week. I'm taking 4 regular classroom courses, I'm in a choir, 2 ensembles and I have to take private oboe lessons. So once that is all scheduled in I have to practice my oboe everyday, study, eat and sleep.

JB - In your spare time (if there is any) what do you like to do?

CH - Spare time...is that a joke? (Laughs) I love sleep!

JB - You spent this past summer on the National Youth Band, that must have been an amazing experience! How did that come to be?

CH - (Laughs) Last spring I was a member of the National Youth Band of Canada. Last November my high school band teacher forced me to make an audition tape a week before the auditions were due, she mailed it and somehow I got in. I learned a lot and had a ton of fun! It was an amazing experience.

JB - What are your future plans/aspirations?

CH - Right now I'm kind of just taking life one day at a time. But by the time I'm done here I want to have a whole bunch of wins and



Chelsey Hiebert (sporting the throw-back high school jersey) juggles between Basketball and Music.

a degree.

JB - Do you have to take and practice your oboe on team trips?

CH - (Laughs) I probably should, but I don't. (A) I think that hotels would frown upon random oboe playing; (B) I would get nothing done because half of my team would be in the room watching me and ; (C) I would never live that down

JB - Does one or the other (the basketball team or fellow music students) give you a hard time about the other, in a jokingly friend-like way (of course)?

CH - (Laughs) Of course! It goes both ways. Everywhere I go I get made fun of. I think the basketball team is a bit harsher than the music students though...

## Bobcats Face Tough Competition in Victoria

**Taryn Hajnrych**  
Staff

It was not quite the outcome they were expecting from this weekend, to say the least. The Brandon University men's basketball team returned home from Victoria with a win loss-ratio that was far different from the one that they have grown accustomed too. The Bobcats finished off their showing at the Guy Vetrie Memorial Tournament with two losses and one lone win over the hosting University of Victoria Vikes.

Friday night (October 19<sup>th</sup>) the Bobcats faced off against the Carlton Ravens, the team they succumbed to in last years CIS National Final. The Bobcats came out strong, appearing to have set the tone for the game as they jumped to an early 13 point lead in the first quarter. The Cats held onto their lead over halftime and into the early minutes of the fourth quarter, when Carlton took control of the lead. Carleton Forward Aaron Doornekamp hit a long three to then extend the Raven's

lead to 6, followed by a 5-0 run by the Bobcats who rallied back but weren't quite strong enough to take back the lead. Fifth year guard Yul Michel led his team with 23 points, with Adam Hartman contributing 18 and guard Nik Quick rounded out the scoring with 13. In yet again another last minute decision, the Bobcats fell to the Ravens, 64-63.

Saturday night ended on a more positive note as the Bobcats went to work defeating the host Vikes handily, 77-66. Both teams went into half time sitting pretty with 39 points apiece, making it anyone's game at that point. It was Brandon that came out ready for battle and sank the opposition with an 18-0 run. Virden product Adam Hartman had the game high 21 points while team mates Yul Michel and Dany Charlery scored 13 and 11 points, respectively.

Sunday was yet again another day of defeat, as the Bobcats gave up an 86-80 decision to University of Alberta Golden Bears. This game, just

as with the Carlton Raven's, came down to another fourth quarter battle, with both teams combining for an amazing 56 points in the final quarter alone. The Bobcats sat behind the Bears by 7 at half time and countered back with three 3-pointers from Charlery, but unfortunately it wasn't enough to stop Alberta. Four Bobcats made into double digits in the final game, led by Charlery with 25 and Michel with 15. Combining factors such as Alex Steele of the Golden Bears, and 22 BU turnovers were some of the reasons responsible for this second tournament loss.

The results of this tournament saw the formerly ranked #2 Brandon University Bobcats drop down to #8 in CIS rankings this week. The Bobcats host their season home opener weekend November 2<sup>nd</sup> and 3<sup>rd</sup> as they host Simon Fraser University Friday and Trinity Western University on Saturday. Opening tip off is 8:00 pm at the Brandon University Gymnasium.

## Lady 'Cats Win MNSU Great Northern Pepsi Classic

The Lady Cats came out victorious in a rollercoaster final at the Great Northern Pepsi Classic in Havre Montana.

The Cats came out with all cylinders firing as they won the first set easy with a 30-11 score. Erin Visch-Krahn's serve was devastating as she served 8 in a row.

The second set the Cats came out a little complacent and the host team was ready to battle. The Skylights led by out side attacker Brittany Baker with 8 kills in the set won the second 30-23. "That was an excellent job of coaching," stated Carter. Coach Ryan used tough deep serves and mixed shots to rattle the Bobcats.

The third set the Cats adjusted to the Skylights, led again by Nicole Ban and Erin Visch-Krahn with 4 kills each in the set the Cats stabilized and won 30-23.

The fourth set was much like the second the Skylights used tough jump serves to put pressure on the Bobcats outside attackers. The Lights jumped out to a nine-point lead. The Bobcats lead by Teagan Hunter made a bold effort

to come back in the later part of the set but came up short 30-27.

The fifth set was the best volleyball of the weekend, with both teams pulling out all stops. The duo of Janelle Wotton and Devon Ireland came in and shored up the passing woes of the Cats allowing them to run the middle more often. The Cats won the thriller 16-14 in front of a loud very partisan crowd. "This is a big victory for us" exclaimed Carter. "We needed to know we could win when the pressure is on."

After the match Erin Visch-Krahn was named tournament MVP. "Every one of us is so happy for Erin, she deserved this award and has worked hard to get to the level she is at" beamed assistant coach Sharlene Marschall.

From [www.brandonu.ca/athletics/News](http://www.brandonu.ca/athletics/News)  
Written by: BU Sports Information



## WHEN JOHNNY STOPS WALKING AND STELLA ISN'T SO STELLAR



**Alex Hamlyn**  
The Eyeopener (Ryerson  
University)

TORONTO (CUP) -- "To alcohol:  
the cause of — and solution to  
— all of life's problems."

— Homer J. Simpson

Drinking certainly seems like a prerequisite to having fun for anyone between the ages of 16 and 25. Combine that with a strong metabolism and that youthful feeling of invincibility, and it hardly seems like there's any downside at all. Unfortunately, the reality is that heavy drinking can lead to long-term health issues, and more immediately, the possibility of alcohol poisoning.

You might think alcohol poisoning only happens to crazy people who drink rubbing alcohol. In fact, more than 1,000 North American

university students die every year from alcohol poisoning, and tens of thousands more suffer permanent or serious injuries due to extremely heavy alcohol intake. So before you go gallivanting around frosh activities wearing a T-shirt that says "Beer Me" and a funnel taped to your mouth, take some precautions.

Eat a good sized meal before drinking heavily. Break up drinks with glasses of water. Drink slowly (don't just chug nonstop), and just be smart. Don't let people pressure you into drinking too much.

Of course, even with all this in mind, you could still find yourself heavily intoxicated, or having to deal with a friend who seems dangerously drunk. Never be afraid to call 911 and ask for help if you think someone's life is at stake. Watch out for serious

confusion and drowsiness, vomiting, seizures, overly slow or irregular breathing and skin that's cold to the touch, bluish or overly pale.

Someone can be seriously ill before all the symptoms are present. Attempt to keep the person awake, do not leave them alone, try to get them to drink water and, most importantly, do not try to induce vomiting.

A common misconception is that puking will clean the system — but it's possible for the person to choke on their vomit or fatally damage their lungs. Make sure any medical personnel are aware of how much alcohol has been consumed and how long someone has been sick.

Moderation is ultimately key. Be smart, and don't let yourself become a statistic just so you can look cool.

## PERFECT POSTURE PROBLEMATIC

**Liz Durden**  
The Gateway (U of A)

EDMONTON (CUP) - A quick glance around any university classroom or lecture hall will reveal one collective characteristic: students slumped over books and notepads. While not the healthiest of postures, the commonsense alternative -- sitting up straight -- may not be any better.

A recent study out of Aberdeen, Scotland, has shown that sitting upright at a 90-degree angle can put undue pressure on the spine and subsequently lead to damage and back pain.

Twenty-two subjects were observed in the study, which used magnetic resonance imaging (MRI) to determine that it's better to sit at a 135-degree angle, called "Keegan's position."

"Keegan's position is almost a 100 per cent similar to the lying down position," explained Dr. Waseem Bashir, the study's lead author. Bashir also stated that they used the lying down position as a control in their study, as it's the optimal position for your back.

"You have to try and open up the angle between your body and your legs, that's what's important. That doesn't mean you slouch, that's not good for your back either because then you're not keeping your curvatures," Bashir said.

Bashir, who's currently at the University of Alberta hospital on a fellowship, explained that the study is a replica of a study done in 1953 by a scientist named J.J. Keegan, who used X-ray machines to study the angle of the spine and extrapolate what position was least stressful.

The lab in Scotland was equipped with an upright MRI scanner, which is different than standard MRI machines, in which the patient lies down.

"We had the opportunity of looking at the back in the seated

position with gravity acting on it -- nobody else has ever done that before," Bashir said.

He explained that, with new technology, they could see the effect of spine position more in-depth and more accurately.

"Using modern imaging -- basically MRI -- we can see everything in there. We can see the bones, we can see the discs, we can see the muscles, we can see the tendons, the ligaments," Bashir stated.

Bashir said back pain is caused by the loss of water in the spinal discs, which they measured in a separate experiment -- again using magnetic resonance imaging.

"The MRIs pick up a lot of hydrogen signals and because water's got a lot of hydrogen in it, you can figure out how much water is in the disc," Bashir explained.

Results confirmed Keegan's 53-year-old hypothesis that it's better to sit with a 135-degree angle between your legs and your body, and that the more acute the angle, the more it harms your spine.

"The more acute the angle between your body and your legs, the more pressure it puts on your back discs because you're bending forwards [compressing your discs]. The worst position of all is the forward bending, the hunched-over keyboard position. The second-worst position is the 90-degree position that we commonly sit in, and like most seats are made," Bashir said.

"We know there's a lot of pressure when we're sitting down because our bodies aren't made for sitting; they're made for standing and moving. Sitting down is a modern phenomenon in human evolution. We didn't sit down, we were all hunters and gatherers; we all sit at desks now and it's completely unnatural."

### **Sports Sound-Off!**

*I wanna hear more about the VOLLEYBALL teams!*  
- Casey

*CK is a pimp.*  
- harlem

*Darrach Hall has the floor hockey ship in the bag.*  
- Drubby

*Swatter, your penmanship skills are second to one... Larkins.*  
- Anonymous



Want to have your voice heard? Write in about anything that may be on your mind. Professional Sports, University Athletics, to BU Campus Recreation Intramurals; if it's on your mind, it's worth our time.

Submit your piece to [sports@thequill.ca](mailto:sports@thequill.ca) and check out the next edition of the Quill! Say what you want, when you want (just remember, keep it fairly clean kids!).

### Campus Recreation Co - Ed Badminton Tournament



Singles:  
November 18th

Doubles:  
November 25th

BU Students Free!  
Non-Students just \$2.

Sign Up at the Main Office  
in BU Gymnasium Today!

Questions? Call 727-9636 or 727-9642





# SCOREBOARD

## Blogspot CIShoops.ca Top 10 CIS Men's Basketball Preseason Rankings (as of October 23, 2007)

#1 Carleton	(6-0, #1 last week)
#2 Windsor	(2-1, #4 last week)
#3 Concordia	(4-1, #5 last week)
#4 UBC	(1-0, #6 last week)
#5 St. Mary's	(5-1, #10 last week)
#6 Acadia	(5-1, #3 last week)
#7 Cape Breton	(3-0, #7 last week)
#8 Brandon	(4-2, #2 last week)
#9 Saskatchewan	(5-1, #9 last week)
#10 Dalhousie	(5-1, NR last week)

For the full rankings visit <http://www.CIShoops.ca>, or <http://www.cisport.ca>

### **Bobcat Home Action**

November 2 @ 6:00PM

Women's Basketball vs. Simon Fraser U.

November 2 @ 8:00PM

Men's Basketball vs. Simon Fraser U.

November 3 @ 6:00PM

Women's Basketball vs. Trinity Western U.

November 3 @ 8:00PM

Men's Basketball vs. Trinity Western U.

(Volleyball Teams @ Trinity Western U.)

November 9 @ 6:00PM

Women's Basketball vs. U. of Manitoba

November 9 @ 8:00PM

Men's Basketball vs. U. of Manitoba

November 10 @ 6:00PM

Women's Basketball vs. U. of Manitoba

November 10 @ 8:00PM

Men's Basketball vs. U. of Manitoba

(Volleyball Teams @ U. of Calgary)

### **Men's Volleyball capture U of R Challenge Title**

The University of Brandon Bobcats wrapped up the University of Regina Challenge title October 12<sup>th</sup> & 13<sup>th</sup>, winning all three matches to sport an unblemished record for the tournament.

The Bobcats defeated the host Cougars in five games on the 12<sup>th</sup> before defeating Saskatchewan 3-1 in a spirited match on the 13<sup>th</sup> and sweeping Lakeland College 3-0 later in the day.

The Cougars finished in second place with a 2-1 record, Saskatchewan finished with a tournament record of 1-2, and Lakeland College was winless in three matches.

#### Saturday's Results

Brandon 3, Saskatchewan 1 (25-20, 22-25, 25-15, 25-15)

Regina 3, Lakeland College 2 (25-15, 21-25, 25-21, 15-25, 15-12)

Brandon 3, Lakeland College 0 (25-13, 25-18, 25-18)

Regina 3, Saskatchewan 1 (25-20, 18-25, 30-28, 25-14)

#### Friday's Results

Saskatchewan 3, Lakeland 0 (25-16, 25-22, 25-14)

Brandon 3, Regina 2 (25-15, 25-23, 21-25, 19-25, 15-8)

## Lady Bobcats Defeat RMC Twice, That's Two Times!



Taryn Hajnrych  
Staff

The Lady Cats basketball squad showed their hometown fans exactly what they are all about this season with two grand victories over the visiting Royal Military College. The Lady Cats faced their opponent both Friday evening and then again on Sunday morning, coming up victorious in both matches.

Statistics were unavailable for the Friday match up, however, the Lady Cats defeated RMC easily, with a final score of 88-50, a considerable change from some of the results this team saw last year. The Sunday match up of the Super 8 Tournament had rookie Amanda Fortin leading all scorers with 13 points in an outstanding display of talent and hustle. Joining Fortin in the double digits for this game were team mates Jaelyn Greening with 11, while Tanysha Robinson and Melanie Thompson both added 10. Fortin's hard work also paid off on the boards

as she was the Bobcats leading rebounder, hauling down 6 in total. When all was said and done, the Bobcats outscored RMC with a score of 74-54.

Point guard Jaelyn Greening exhibited a great display of leadership and control on the court in her finest game on the court thus far. She is a veteran player who the Bobcats can expect to make a great difference on their team this year. It was evident to anyone watching that the team as a whole is very determined to make a change from last season, and the effort put into their play truly reflects their team dedication and passion.

The Bobcats see their next action Friday, November 2<sup>nd</sup> when they host Simon Fraser University for their season home-opener. Saturday, November 3<sup>rd</sup> they take on Trinity Western University closing out the weekend. Both games start at 6pm at the Brandon University Gymnasium, with the men to follow at 8pm.

## It's Cookie Time!

*Do you like Bobcat Athletics?  
Do you like cookies?  
Thought so.*

Help support your Brandon University Lady Bobcats Basketball Program and get your hands on some Gourmet Cookie Dough!

Just \$15 - \$17\* per 3 lbs boxes of 48 pre-cut Chippery Gourmet Cookies from Otis Spunkmeyer (same cookies as Subway TM; lets face it, the best flippin' cookies around) are available for order today!

Available in 6 scrumptious flavours;

Chocolate Chunk  
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Can be frozen for up to one year; refrigerated for up to two weeks. Made with fresh eggs, cream and butter, zero trans fats and Kosher Certified. Ready in just 10 minutes!

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Treat yourself this exam season, besides BU Athletics have never been so sweet!



Mel Gibson presents:

# MARTIAN ZOMBIES



# JOIN THE BLOOD PARTY

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Mauris imperdiet nisl • vitae diam. Ut vitae tortor non lacus • mollis elementum. Aenean justo.  
Aliquam gravida nibh eu augue. Ut consectetur nisl rutrum ipsum. In consectetur magna vel nisl. Vivamus at sapien sed pede tempus bibendum. Etiam adipiscing.



# HorrorScopes

aquarius

jan 20 - feb 18

The coming days will bring you much torment.  
Watch out for Pee Wee Herman.

capricorn

dec 22 - jan 19

You will get a strip of . . . bacon. For occasionally  
playing baseball and having other nice body  
parts.

sagittarius

nov 22 - dec 21

You know what you want, and even if you know  
you are never going to get it, keep hoping,  
hopelessly.

scorpio

oct 24 - nov 21

Your alter ego will emerge, could be a good thing,  
maybe you'll start studying. Maybe a guy named  
Sudsy will become you new best friend. Odds are  
50-50.

libra

sept 23 - oct 23

For god's sake, don't go out on the 27th. Um opps  
that was suppose to be printed last week.

virgo

aug 23 - sept 22

Give it up already. Learn to share, it will get you  
far. Especially with your co-workers.

leo

july 23 - aug 22

You might not like math but . . . The cosine of love  
is . . . . give it up already since you know. Like  
wtf?!

cancer

june 22 - july 22

It will end in tears. If situations from the past  
repeat themselves exactly don't expect different  
results without different inputs.

gemini

may 21 - june 2

Things that have have occurred in the past are  
water under the bridge. Even if you are enjoying  
self loathing the time to change is . . . next week  
fridayish.

taurus

apr 20 - may 201

Even if he huffs and puffs and blows you away.  
Stop being obstinate accept even what you can't  
see staring right at you.

aries

mar 21 - apr 19

You feel hot. No its not your . . face reflecting in  
the glass you keep staring in.

pisces

feb 19 - mar 20

No the caster didn't get bored with horoscopes. Stop  
being so self involved. There are other signs you know

